

Red, White & Blue 2021 Invitational



Hosted by

Cypress Fairbanks Swim Club

At the Fleet Aquatic Center

An NWAL Sanctioned Timed Finals, Dual Time Standard Division Swim Meet

Please read this invitation thoroughly and keep it for future reference.

DATE: June 25-27, 2021
LOCATION: Fleet Aquatic Center
14654 Spring Cypress Road
Cypress, TX 77429

MEET REFEREE: Olen Walton, olenwalton@yahoo.com, Kipp Degutis, rockettransport@yahoo.com

MEET DIRECTORS: Cynthia Singh, chs2316@gmail.com, Brian Horak, brian.horak@gmail.com,
Karen Eckhart, Phone: 281-455-6175, karen.eckhart@sbcglobal.net

ADMINISTRATIVE OFFICIALS: Meredith Moore, meredithmtx@gmail.com, Holger Luebsen, holger@lubsen.com

Important Highlights:

- Most events will be scored per individual age. See section on **Awards** on page 7-8.
- Individual High Point Awards are awarded based on points scored for team regardless of which time division the points were scored in. See section on **Awards** on page 7-8.
- ALL No Times (NT) entries will be automatically DELETED from the meet. Check your entry export file and reports.
- Swimmers may enter all events they are qualified for.
- Check the Fleet web site FREQUENTLY the week before the meet for LOTS of important information. www.fleetswimming.com.
- Late entries are allowed. See section on **Late Entries** on page 6. Team Entry personnel need to be available the week before the meet for any questions that arise.
- **Entries Due on June 21st by 6:00 PM.** Email entries to karen.eckhart@sbcglobal.net. See entry requirements on page 5.

2021 Red, White and Blue Invitational for NWAL Swimmers – June 25th to June 27th, 2021

Time Standards Report YARDS

GIRL

BOY

Cut off	Blue	Red	Ev #	Event	Ev#	Red	Blue	Cut off
				FRIDAY EVENING EVENTS				
1:03.88	1:12.88	1:19.25	1	11-14 100 Free	2	1:18.10	1:09.04	1:00.02
1:02.59	1:08.98	1:18.75	3	15-19 100 Free	4	1:09.40	1:00.75	54.36
1:15.00	1:24.74	1:35.14	5	13-14 100 IM	6	1:36.45	1:21.52	1:10.20
1:13.22	1:21.37	1:33.56	7	15-19 100 IM	8	1:23.69	1:10.46	1:03.03
			9	SATURDAY EVENTS	10			
30.08	34.14	37.12		11-12 50 Free		38.07	34.08	29.82
29.10	31.98	35.38	11	13-14 50 Free	12	34.19	29.82	26.73
28.35	30.61	34.23	13	15-19 50 Free	14	31.00	26.78	24.34
--	--	--	15	11-14 200 Medley Relay	16	--	--	--
--	--	--	17	15-19 200 Medley Relay	18	--	--	--
1:18.09	1:27.85	1:38.15	19	11-12 100 IM	20	1:41.54	1:28.05	1:18.06
31.32	35.53	42.17	21	15-19 50 Fly	22	37.23	30.90	27.02
32.69	37.07	42.49	23	13-14 50 Fly	24	42.20	35.98	30.31
36.20	39.96	45.49	25	11-12 50 Fly	26	48.52	40.11	34.53
33.58	38.27	43.62	27	15-19 50 Back	28	41.00	33.49	29.50
34.70	40.30	44.77	29	13-14 50 Back	30	43.33	38.29	32.79
36.20	42.68	47.72	31	11-12 50 Back	32	48.91	43.24	36.50
37.82	43.18	47.42	33	15-19 50 Breast	34	44.18	36.85	32.16
38.65	43.66	48.81	35	13-14 50 Breast	36	46.36	40.23	35.76
40.19	45.60	50.49	37	11-12 50 Breast	38	51.92	46.33	40.22
--	--	--	39	15-19 200 Free Relay	40	--	--	--
--	--	--	41	11-14 200 Free Relay	42	--	--	--
			43	SUNDAY EVENTS	44			
1:27.20	1:39.55	1:49.94		10&U 100 IM		1:52.29	1:42.35	1:28.97
--	--	--	45	6&U 100 Free Relay	46	--	--	--
--	--	--	47	8&U 100 Medley Relay	48	--	--	--
--	--	--	49	10 & U 100 Medley Relay	50	--	--	--
33.92	38.27	43.25	51	10&U 50 Free	52	43.14	38.83	33.80
23.29	28.18	33.57	53	6&U 25 Free	54	32.93	27.55	23.08
17.66	21.02	23.45	55	7-8 25 Free	56	23.33	20.48	17.29
15.07	17.02	18.73	57	9-10 25 Free	58	18.63	16.92	15.05
27.76	32.60	38.37	59	6&U 25 Back	60	39.64	33.36	28.31
22.03	26.24	30.09	61	7-8 25 Back	62	31.58	27.08	22.00
18.85	21.62	23.88	63	9-10 25 Back	64	25.23	22.43	18.82
20.63	25.65	30.22	65	8&U 25 Fly	66	31.50	26.34	21.15
16.83	20.18	23.12	67	9-10 25 Fly	68	24.71	21.17	17.16
24.54	29.20	33.50	69	8&U 25 Breast	70	33.60	29.02	24.63
20.32	23.65	26.82	71	9-10 25 Breast	72	27.00	23.89	20.60
--	--	--	73	8&U 100 Free Relay	74	--	--	--
--	--	--	75	10&U 100 Free Relay	76	--	--	--

2021 Red, White and Blue Invitational for NWAL Swimmers – June 25nd to June 27th, 2021

Time Standards Report METERS

P.I. Cut off	Blue	Red	Ev#	Event	Ev#	Red	Blue	P.I. Cut off
FRIDAY EVENING EVENTS								
1:10.91	1:20.90	1:27.97	1	11-14 100 Free	2	1:26.69	1:16.63	1:06.62
1:09.47	1:16.57	1:27.41	3	15-19 100 Free	4	1:17.03	1:07.43	1:03.33
1:23.25	1:34.06	1:45.61	5	13-14 100 IM	6	1:47.06	1:30.49	1:17.92
1:21.27	1:30.32	1:43.85	7	15-19 100 IM	8	1:32.90	1:18.21	1:09.96
SATURDAY EVENTS								
33.39	37.90	41.20	9	11-12 50 Free	10	42.26	37.83	33.11
32.30	35.50	39.27	11	13-14 50 Free	12	37.95	33.10	29.67
31.46	33.98	38.00	13	15-19 50 Free	14	34.41	29.73	27.01
--	--	--	15	11-14 200 Medley Relay	16	--	--	--
--	--	--	17	15-19 200 Medley Relay	18	--	--	--
1:26.68	1:37.51	1:48.95	19	11-12 100 IM	20	1:52.71	1:37.74	1:26.65
34.77	39.44	46.81	21	15-19 50 Fly	22	41.33	34.30	29.99
36.29	41.15	47.16	23	13-14 50 Fly	24	46.84	39.94	33.65
37.92	44.36	50.49	25	11-12 50 Fly	26	53.86	44.52	38.32
37.27	42.48	48.42	27	15-19 50 Back	28	45.51	37.17	32.74
38.52	44.73	49.69	29	13-14 50 Back	30	48.10	42.50	36.40
40.18	47.37	52.97	31	11-12 50 Back	32	54.29	48.00	40.51
41.98	47.93	52.64	33	15-18 50 Breast	34	49.04	40.90	35.70
42.90	48.46	54.18	35	13-14 50 Breast	36	51.46	44.66	39.69
44.61	50.62	56.04	37	11-12 50 Breast	38	57.63	51.43	44.64
--	--	--	39	15-19 200 Free Relay	40	--	--	--
--	--	--	41	11-14 200 Free Relay	42	--	--	--
SUNDAY EVENTS								
1:34.89	1:50.50	2:02.03	43	10&U 100 IM	44	2:04.64	1:53.61	1:38.76
--	--	--	45	6&U 100 Free Relay	46	--	--	--
--	--	--	47	8&U 100 Medley Relay	48	--	--	--
--	--	--	49	10&U 100 Medley Relay	50	--	--	--
37.65	42.48	48.01	51	10&U 50 Free	52	47.89	43.10	37.52
25.85	31.28	37.26	53	6&U 25 Free	54	36.55	30.58	25.62
19.60	23.33	26.03	55	7-8 25 Free	56	25.90	22.73	18.70
16.72	18.89	20.79	57	9-10 25 Free	58	20.68	18.78	16.70
30.82	36.19	42.59	59	6&U 25 Back	60	44.00	37.03	31.42
24.46	29.13	33.40	61	7-8 25 Back	62	35.05	30.06	24.42
20.92	24.00	26.51	65	9-10 25 Back	64	28.01	24.90	20.89
22.90	28.47	33.54	67	8&U 25 Fly	66	34.97	29.24	23.48
18.68	22.40	25.66	69	9-10 25 Fly	68	27.43	23.50	19.04
27.24	32.41	37.19	71	8&U 25 Breast	70	37.30	32.21	27.34
22.55	26.25	29.77	73	9-10 25 Breast	72	29.97	26.52	22.87
--	--	--	75	8&U 100 Free Relay	74	--	--	--
--	--	--	77	10&U 100 Free Relay	76	--	--	--

FOR INDIVIDUAL EVENTS ONLY SEE SCORING BELOW

7-8, 9-10, 11-12, 13-14 and 15-18 events will be swum together but scored 7,8,9,10,11,12, 13,14, 15-16 & 17-18. 6 & Under events will be scored 6 & Under. 8 & Under events will be scored 7 & Under, 8 year olds, 10 & Under events will be scored 9 & Under, 10 year olds, 11-14 events will be scored, 11, 12, 13 & 14. Each scoring age will receive 8 individual awards in Blue time division AND 8 individual awards in Red time division. Swimmers must meet at least the Red qualifying time to enter the meet; however, they cannot meet or exceed the Cut-Off time, which is the Ponderosa Qualifying time



POOL:

The FLEET Aquatic Center will be utilizing its 22-lane, short course meter outdoor competition pool with non-turbulent lane lines. Fleet will be running ten (10) lanes for competition. All races will have racing blocks. The competition pool is also equipped with LED stadium lighting and industrial chilling system that maintains and controls water temperature for optimum racing.

SWIMMER REST AREA & SET-UP:

Swimmers and their families may set up around the 7-acre property. **The entire pool deck is off limits at ALL TIMES for set up. THERE WILL BE NO SAVING OF SEATS OR SET UP ALLOWED IN THE BLEACHERS AT ANY TIME.** All spectators are asked to stay in the bleachers only when watching their swimmer and to then go back to their set-up area in between events. This will allow everyone a chance to see their athlete swim. Swimmers and teams may set up in the set-up areas.

TIME AND DATE:

Friday: June 25, 2021

11-14 and 15-19:100 Free. 13/14 and 15/19 100 IM.

Warm-up 5:00 PM, Meet Start: 6:00PM

Saturday: June 26, 2021

The remainder of the 11/Over events

Warm-up 7:30 AM, Meet Start: 8:30 AM

Sunday: June 27, 2021

All of the 10/Under events

Warm-ups at 7:30 AM, Meet Start: 8:30 AM

The Team Warm Up schedule will be posted on Fleet Web Site Wed., June 23rd www.fleetswimming.com

WARM UPS:

Teams will be placed in warm up groups based on the number of athletes entered into the meet each day.

Warm Ups will start at 5:00 PM on Friday and 7:30 AM on Saturday and 7:30 AM on Sunday. Lane assignments for warm-ups will be designated in the Meet Program & posted on the Fleet and NWAL web sites. Teams that are closest to the Fleet Facility will most likely be assigned the earliest warm up. Please check the Fleet web site for information at www.fleetswimming.com.

TIMING ASSIGNMENTS:

Teams will be requested to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the Heat Sheet and on the Fleet website (www.fleetswimming.com) prior to the meet.

OFFICIALS:

Only those officials certified by NWAL for the current season will officiate at the meet. Officials who are interested in working an assigned position at the meet (Deck Referee or Starter) must notify the meet referee in advance (SEE SIGN-UP ONLINE), preferably before Wednesday, June 23rd. Any unassigned officials will have an opportunity to sign up at the meet to work as Stroke & Turn officials. An official's sign-in sheet will be posted each morning by the pool entrance. This sheet will be pulled down promptly at 5:30 PM Friday and at 8:00 AM Saturday and Sunday to make daily assignments. **There will be a meeting of all officials at 5:45 PM Friday and 8:15 AM Saturday and Sunday in the hospitality room.**



MEET FORMAT:

This is a timed finals, NWAL sanctioned Invitational meet divided into two time standard divisions – The Red and the Blue. Swimmers must meet either the Red or the Blue qualification times in either yards or meters; however, they cannot meet or exceed the Blue cut off times (which will be The Ponderosa Qualification Time). Relay swimmers cannot meet or exceed the Blue cut off time in the stroke they are swimming on a relay. Each individual event will have both Red and Blue qualified swimmers swimming combined, but they will be separated for scoring and awards. Relays will not be separated into Red and Blue divisions and will be scored as one time standard division. 11-14 and 15-19 swimmers in the 100 Free and 13-14 and 15-19 in the 100 IM will compete Friday evening, 11 & Over swimmers will compete on Saturday, and the remainder of the 10 & Under swimmers will compete on Sunday.

ENTRY INFORMATION:

Entry Deadlines: Entries will be processed by email **ONLY**. Per NWAL rules, all entries must be sent using *Swimtopia*. **Email entry deadline is 6:00 PM Monday June 21, 2021.** We will start accepting emails Saturday June 19, 2021. ALL EMAILS SHOULD INCLUDE CONTACT INFORMATION OF THE TEAM ENTRY PERSON. **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 ensure your team's entries were received and imported in to the meet!**

Entries should be sent to: Karen Eckhart, karen.eckhart@sbcglobal.net. (281-455-6175) INCLUDE CONTACT INFORMATION OF THE TEAM ENTRY PERSON.

You must include as attachments your Entry Report as well as your Relay Entry Report showing all four swimmers. These entry reports should be sent as PDF only.

Entry Files:

DO NOT CONVERT YOUR TIMES PRIOR TO SUBMITTING THEM. IF YOU SWAM meters, SUBMIT TIMES FOR METERS. Entry times will be converted to the proper course by the *Swimtopia* software using the default conversions and Meet Templates. All entries will come from *Swimtopia*.

All checks for meet entries must be received **NO LATER THAN 10:30 AM Tuesday, June 22nd** or the team will be removed from the Meet.

Mail payments to:

11659 Jones Rd., PMB #351, Houston, Texas 77070.

You may also drop your payment off at the Fleet facility:

14654 Spring Cypress Rd., Cypress, Texas 77429.

All times must be Official times that are the swimmer's **best times**, for both individual and relay events, and must have been swum at a sanctioned NWAL meet or sanctioned NWAL Invitational during the 2021 NWAL season as stated in the NWAL rule book under Seeding. Official NWAL times will be used for seeding. An Official Time is a time that was achieved in an NWAL Sanctioned Meet without Disqualification. Official Times cannot be achieved at Time Trial or Mock Meets. As per Divisional rules, swimmers must have swum in at least one NWAL sanctioned meet during the current season to be eligible to swim at this Invitational. 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 times of the individual swimmers entered in the relay for the stroke they are swimming. Do not convert the swimmer's times by hand and enter them into the custom time box.



PLEASE NOTE:

Teams are asked to check the Athlete Roster that will be posted on the Fleet web site no later than Tuesday evening, June 22nd. This list will be sorted by team and will list each entered athlete alphabetically, along with the number of events they are entered in. This is everyone's (Parents, Coaches, Swimmers, and Team Reps) opportunity to make sure that swimmers are entered into the meet. If a swimmer was left off of a team's entries, late entries are allowed - see the section on **LATE ENTRIES** below.

Make sure to send the following when you turn in entries:

1. Individual Meet Entry report, Sorted by AGE, Showing Times Unconverted and Including Proof of Times, using only times from sanctioned meets THIS season (check the "Use Times Since Date" in meet set up).
2. Relay Entry Report with all four names shown.
3. Electronic Entry export via email (HY3 file).
4. Team Summary sheet, included with this invitation (page 11), filled out completely.
5. Payment – checks are made out to CFSC.

ENTRY FEES: Individual Events: \$9.00 Relays Events: \$12.00. Make checks payable to: **Cypress Fairbanks Swim Club**. Entry fees must accompany entries. No refunds will be issued for events that are entered but not swum.

LATE ENTRIES:

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

1. Entries must be submitted to the Clerk Of Course by 5:45 p.m. Friday and by 8:15 a.m. Saturday and Sunday.
2. Proof of qualifying time will be required. Either a Top Times Report, a new Meet Entry Report with proof of time or a *Swimtopia* entry report, must be presented with the entry.
3. The fee is eighteen dollars (\$18.00) per each Individual Entry and twenty-four dollars (\$24.00) per each 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. Swimmers will be put into the empty lanes available on a first come first serve basis until all heats are full.

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, Time Trials or Mock Meets are NOT official times. Official Times shall be used for all Invitational meet entries, including relay entries.

AGE:

As of May 31, 2021. A swimmer may swim up throughout the meet as per NWAL rules.

NUMBER OF EVENTS:

Swimmers may enter **ALL** individual and relay events for which they qualify*

***3 EVENT BONUS RULE** – If you qualify for 3 or more events, you can swim any events on Saturday or Sunday.



QUALIFICATIONS:

All swimmers must meet at least the Red qualification times. Swimmers whose time meets the Red qualification times but not the Blue qualification time will be competing against other swimmers in Red Division for points and awards. Swimmers whose times meets the Blue qualification times but is not equal to or faster than the cut off time (Ponderosa Qualifying Time) will be competing against other swimmers in Blue Division for points and awards. **No swimmers may enter an event in which they have a Ponderosa time, nor may they swim that stroke on a relay.** The seed time for relays must be established by adding the fastest official times of the swimmers on the relay, in the stroke they are swimming on the relay. **Relays that have swimmers swimming strokes in which they have a Ponderosa time (in their age group) will be disqualified and will forfeit their awards. Relay swimmer's names must be recorded on the entry card.**

CUT OFF TIMES:

Individual cut off times for the Blue division are the 2021 Ponderosa Qualifying times. Swimmers entering the meet with an entry time that is equal to or faster than a Ponderosa Qualifying time in an individual event will be deleted from that event and no refund will be made. Red cut off times are the Blue qualification times. Swimmers will be entered in the Red or Blue division depending on the time they enter the meet with.

NO TIMES:

As per NWAL rules, No Times (**NT's**) are not permitted in Individual or Relay events. Team entry personnel should ensure all Individual and Relay entries have proper times attached. Team entry personnel will be notified by email of deleted No Time (NT) entries.

RELAY ONLY SWIMMERS:

Teams may enter Relay Only Swimmers to complete their relays. A Top Times report for that swimmer should be included with the team's entry report to show that the swimmer is not overqualified to be in the meet.

INDIVIDUAL AWARDS: Blue time standard division - Medals 1st – 8th place, Red time standard division – Medals 1st – 8th , place.

Multi-age group events will be swum together and scored separately. Awards will be given out per individual age for each event as follows:

- 6 & Under events** – awards for 6 & Unders only
- 8 & Under events** – awards for 8 year olds and 7 & Unders
- 10 & Under events** – awards for 10 year olds and 9 & Unders
- 11-14 events**- awards for 11 year olds, 12 year olds, 13 year olds and 14 year olds
- 7-8 events** – awards for 7 year olds and 8 year olds
- 9-10 events** – awards for 9 year olds and 10 year olds
- 11-12 events** – awards for 11 year olds and 12 year olds
- 13-14 events** – awards for 13 year olds and 14 year olds
- 15-19 events** – awards for 15-16 year olds and 17-19 year olds

Heat Awards: Awards will be given to the heat winners in the 10 & Under individual events upon their exiting the pool after their race.

Relay Awards: Medals 1st – 8th place.

Individual High Point: High Point awards for boys and girls will be awarded by age for the following: 6 & Unders, 7, 8, 9, 10, 11, 12, 13, 14, 15-16 and 17-19-year-old. This will be based on scoring in individual events only (no



relays points used). Ties will be broken. In the event of a tie, the tiebreaker will be the swimmer with the most 1st place finishes. If that is a tie, then the number of 2nd place finishes will be used, and so on until the tie is broken.

THIS IS A HIGH POINT AWARD. SCORING IS NOT SEPARATED INTO BLUE AND RED DIVISIONS. THE WINNERS ARE THE SWIMMERS WHO SCORE THE MOST POINTS FOR THEIR TEAM REGARDLESS OF WHAT DIVISION THEY MADE THE POINTS IN.

Team Trophies: Trophies will be awarded to the top three teams in each Team Size division (A, B or C). Teams will be divided into groups based on the number of swimmers they enter into the meet. The teams will be divided roughly into thirds and the minimum number of swimmers that is required to be put into a specific team group (A, B or C) will be determined after entries are turned in. Team groups will be posted on the Fleet web site at least three days before the meet at www.fleetswimming.com.

Awards should be picked up at the Awards Counter as soon as they are ready AFTER the results for that event are posted. Team trophies will be presented as soon as the results are tabulated after the meet is completed on Sunday. High point awards for the 10 & Under events will be presented at the end of the day on Sunday and at the end of the day on Saturday for the 11 & Over events. Please be prepared to pick up your High Point Awards and Team Trophy at that time. Awards not picked up at the meet will be available for pick up at the Fleet office until July 5th.

SCORING: First through eighth place: 9-7-6-5-4-3-2-1 in both Blue and Red Divisions. First through eighth place: 18-14-12-10-8-6-4-2

RULES AND SANCTIONS:

This is a NWAL sanctioned meet and all regular 2021 NWAL rules will be observed. All swimmers must be in good standing with NWAL. Swimmers may only compete in one age group for the entire meet as per NWAL rules. If a swimmer swims up, they must compete in that age group for all events. Personnel will assist the swimmers in the ready area and at the blocks.

TIMING SYSTEM:

Colorado Timing System will be used. Two watches per lane will be used as a back-up for the entire meet. All times must be official best times that were made by the swimmer this 2021 NWAL season at either a Dual, Approved Intersquad, Divisional, or Invitational meet as stated in the NWAL rule book.

READY BENCH:

This meet is Pre-Seeded, which means all heat and lane assignments will be made prior to the meet. Teams, swimmers and parents are asked to pay attention to the meet, the announcers in order to get the swimmers to the Ready Bench area when their event is being called. **IT IS THE SWIMMERS' RESPONSIBILITY TO BE AT THE READY BENCH ON TIME.** Swimmers in the first event (Girls 11-14, 100 free on Friday, Girls 11-12 50 Free on Saturday & Girls 10/Under 100 IM on Sunday) should report to the Ready Bench at 6:15 PM on Friday and 8:15 AM on Saturday & Sunday. **For 10 & Under Relay events ONLY, each team MUST supply a parent volunteer to help organize and shepherd your relay team. Teams must have one volunteer per age group/gender. When the volunteer's help is no longer needed at the Ready Bench they will can clear the area.**



POOL DECK RESTRICTION:

The east side of the swimming pool deck and ready bench is closed to all persons except swimmers, marshals, coaches, officials, meet personnel, and timers as per NWAL rules. If you are asked to leave the deck by any registered personnel, please do so.

FOOD:

Concessions will be available.

T-SHIRTS AND RETAIL ITEMS:

The 2021 Red, White & Blue Meet t-shirt, Meet Programs, caps and goggles and other items will be for sale in our retail area.

PARKING:

Please follow the parking signs and read the traffic flow map attached to this announcement. People are asked to park only in the designated areas that marked for parking. All driveways must be kept clear at all times.

HOSPITALITY:

There will be a Hospitality for **NWAL team coaches and Meet Officials ONLY**. Proof of credentials may be required. No children, lane timers or other people not listed will be permitted entrance.

COACHES PACKETS:

1 complimentary coach's packets will be given to each team entered in the meet and will be available for pick up (by a coach) at the Clerk of Course. These will include their daily meet program, two meal tickets per day, preprinted relay cards for any relays that they have entered and any other pertinent information. The relay cards will need to be turned in, either with no changes or with any swimmer and time adjustments, by 8:15 AM for the 6 & Under Freestyle and Medley relays and by 10:00 AM for the other Freestyle 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. Any relay found to have a swimmer swimming a stroke in which they have a Ponderosa time will be disqualified and will forfeit all awards. All swimmers must be shown in the order in which they will swim on the relay.



NWAL/CFSC DISCLAIMER:

- 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.
- Northwest Aquatic League (NWAL), and Cypress Fairbanks Swim Club (CFSC and/or FLEET) cannot prevent you (or your child) from becoming exposed to, contracting, or spreading COVID-19 while participating in NWAL sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned 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 CYPRESS FAIRBANKS SWIM CLUB (CFSC) AND NORTHWEST AQUATIC LEAGUE (NWAL) EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSESS, 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, FORSEEN OR UNDFORSEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
- Cypress Fairbanks Swim Club (CFSC) has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while on our property. An inherent risk of COVID-19 exists in any public or private 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 guests with underlying medical conditions are especially vulnerable. By participating in the event at CFSC, you voluntarily assume all risks related to exposure to COVID-19.

FLEET FACILITY & COVID-19 PROCEDURES: ***UPDATED!**

- This meet will be conducted in compliance with local, state, and NWAL COVID 19 restrictions. Participants in the meet will abide by whatever CFSC's COVID-19 Preparedness Plans for the Fleet Aquatic Center at that time. State restrictions have lifted for Texas under Governor Abbott's latest [proclamation of Executive Order \(GA-34\)](#). In accordance with the Executive order, Fleet has begun a gradual lifting of restrictions at our facility.
- Fleet has lifted the requirement of face masks at this outdoor event. Certainly, this is a personal decision. Members and visitors can continue wearing a mask should they choose.
- We want you to remain confident in all we are – and will continue – doing at the Fleet Aquatic Center to keep you, your family, your fellow members and our coaches safe. Some things we want to reiterate:
- Our cleaning protocols are implemented constantly throughout Fleet by our coaches and outside contractors. Our outside facility provides the safest environment available for our swimmers and members.



- Our vast square footage allows us to accommodate you safely throughout our club.
- Parents must implement the Daily Self Screening for Swimmers Protocol that CFSC has implemented. PARENTS MUST SCREEN swimmer(s) daily (**prior** to entering the swim meet) for the following signs and symptoms of COVID-19: 1. Are you experiencing any of the following in a way that is not normal to you? Feeling feverish or a measured temperature greater than or equal to 100.4 F, Loss of taste or smell, Cough, Difficulty breathing, Shortness of breath, Fatigue, Headache, Chills, Sore throat, Congestion or runny nose, Shaking or exaggerated shivering, Significant muscle pain or ache, Diarrhea, Nausea or vomiting, 2. Have you had known close contact with a person who has tested positive for COVID-19 within the last 14 days? Temperature checks will still be taken at the gate and any temperature over 100.4 will not be allowed in the facility. Swimmers must stay home if they answer “yes” to any of the above.
- Swimmers need to bring their own chair and remain seated with their team area. Swimmers may sit with their siblings or family outside of the gated facility. Swimmers must be aware of the meet progress to be sure they do not miss an event. Swimmers should stay close to the pool to see what event is in the water. An estimated timeline will be provided on the Fleet website and the NWAL website prior to the meet.
- Only coaches, officials, swimmers, and lane timers are allowed beyond the roped barriers for the meet sessions and all guests will adhere to Fleet’s guidelines throughout the meet.
- Spectators will be allowed in the bleacher area to watch their swimmer. Please follow traffic flow directives. Marshals will be present to help enforce this rule. **THIS IS A COME AND GO SEATING. YOU MAY NOT STAY IN THE BLEACHERS FOR THE ENTIRE SESSION.**
- All visiting swimmers will enter through the north gate near the back field.
- **NO SET-UP IN THE DRYLAND BUILDING OR THE POOL DECK!**
- Concessions will be available, and Food Trucks will be on-site.
- No tents allowed in the parking area.
- NO glass containers, tobacco, or alcoholic beverages are allowed within the FAC area including the parking lot area.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. All spectators and parents must remain in the bleachers and the designated spectator viewing area.
- There will be NO SHAVING within the FAC locker rooms. All shaving should be completed prior to arrival at the FAC. Safety marshals will be monitoring the locker rooms to enforce this policy.
- **No changing in the bathroom stalls.** No showering is allowed in the locker rooms. Locker rooms will be restroom use only.
- Please be neat. Throw your trash in the trash containers.
- The FAC staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- **No pets allowed at the FAC, the FFAC complex or on the pool deck.**
- Houston has many micro-climates. It can storm in one pocketed area and less than 3 miles away be perfectly clear. Because of these micro-climates, we will adjust our plans as they make themselves apparent closer to the meet start. We will be communicating any changes that may occur as it might include delaying the meet start time or any other options. We will be discussing options with the Coaches and team Representatives.



SAFETY GUIDELINES AND 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 & Coaches Responsibilities
 - 1. Swimmers must follow all rules and guidelines stated in this announcement or will be removed from the meet.
 - 2. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 3. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 4. Coaches shall actively supervise and maintain visual of their swimmers throughout the warm-up session.
- B. 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.**
- C. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokers 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.



TEAM SUMMARY SHEET

All Items on this sheet must be filled in. This sheet must be turned in with your entries.

TEAM NAME: _____

TEAM ABBREVIATION: _____

TEAM POOL ADDRESS:

Street: _____

City & Zip _____

TEAM REPRESENTATIVE & PHONE #: _____

TEAM ENTRY PERSON & PHONE #: _____

OFFICIALS AVAILABLE FROM TEAM & PHONE #s:

NUMBER OF INDIVIDUAL ENTRIES: _____ X \$9.00 = _____

NUMBER OF RELAY ENTRIES: _____ X \$12.00 = _____

ENTRY FEE AMOUNT: _____

CFSC USE:

Payment Received: _____ Check # or Cash _____

Initial: _____

Entry List Checked: _____

Initial: _____



2021 Red, White and Blue Advertising and Spirit Ad Rates

Full Page Spirit Ads for NWAL Teams @ \$200 per page

Cheer on your swimmers, thank your sponsors and show your team pride

Please email a JPG Ad or Ad in PDF format to fleetoffice@fleetswimming.com or Drop Off at the Fleet Aquatic Center at 14654 Spring Cypress Rd., Cypress, TX 77429 on Monday, June 21st between 9AM and 6 PM. This will be printed in the Meet Program that is for sale at the Meet.

Team Name: _____

Number of Pages @ \$200 each _____ = \$ _____

Business Ads

Contact Karen Eckhart at karen.eckhart@sbcglobal.net with any questions

Full Page: 7 inches X 9.5 inches @ \$200

Half Page: 7 inches X 4.5 inches @ \$150

Quarter Page: 3 inches X 4.5 inches @ \$75

Business Card: 2 inches X 3 inches @ \$35

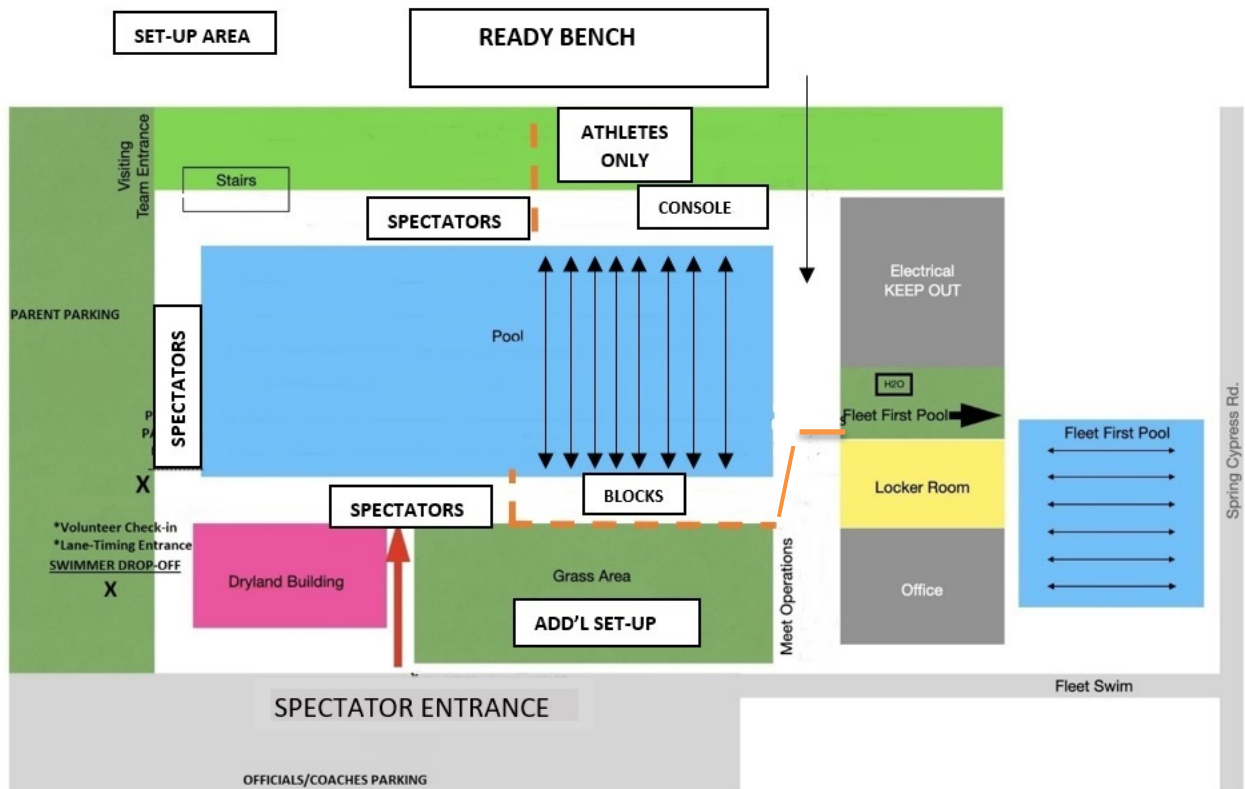
Please send Ads in PDF, JPG or BMP format to karen.eckhart@sbcglobal.net or mail business cards in with payment. Ads must be camera ready, black and white only. Ads can be sent in BEFORE the entry deadline at any time. Email verification will be sent upon their receipt. Payment must be received NO LATER THAN Monday June 21st. Checks should be made payable to **CFSC** and mailed to:

CFSC
11659 Jones Rd. PMB #351
Houston, TX 77070

*Ads for other USA Swimming teams and learn to swim programs will not be accepted. We appreciate your cooperation.



POOL DECK TRAFFIC FLOW





MAP OF TRAFFIC FLOW INTO THE FACILITY

