



AllStar CHAMPIONSHIP MEET

Hosted by PREMIER AQUATICS CLUB
Saturday June 26 & Sunday June 27, 2010
Klein Oak High School Natatorium

HIGHLIGHTS

- **Timed Finals** – This is a pre-seeded meet that will be seeded slowest to fastest. On deck entries will only be placed in open lanes.
- **10 & under events on Saturday**
- **11 & up events on Sunday**

- **Each event will score either one or two age groups but never more than 2 groups.** Details are listed in the body of this invitation under Awards and Scoring.
- **Individual High Point Awards** – 1st and 2nd place Trophy for boys and girls awarded by **age** for the following: 6 & under, 7, 8, 9, 10, 11, 12, 13, 14, 15 & up. Based on scoring in individual events.
- **Team awards** -First, second and third place team trophies will be awarded to the three highest scoring teams in each of **THREE** groups, based on the total points accumulated for 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 Clerk of Course.
- **3 Event Bonus Rule** – If the swimmer has achieved an AllStar time in at least three events, the swimmer will be allowed to enter any remaining event(s) as long as they have not reached the cut off time. **Make sure you check the Bonus Box on the team manager entry screen for those entries to indicate they did not meet the qualification time.** For more details and **exceptions**, go to the “3 Event Bonus Rule” section.
- Teams will be required to furnish timers based on their number of swimmers entered in the meet. Timing assignments will be listed in the Heat Sheet as well as the NWAL website at least two days prior to the meet.
- **Each team will be limited to having only 1 coach per 30 swimmers entered with a maximum of 3 coaches on deck. See Pool Deck Restriction section additional information.**

- **MEET INFORMTATION CONTACT:** Kevin Little - kplittle1@me.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.

2010 ALLSTAR SWIMMING CHAMPIONSHIP

METER PI Times are the Cut Offs

BOYS Event #	METER Qualifying	Saturday June 26	METER Qualifying	GIRLS Event #
1	1:49.89	10&U 100 IM	1:47.67	2
3	31.18	6&U 25 Free	30.10	4
5	21.90	7-8 25 Free	22.07	6
7	18.20	9-10 25 Free	18.40	8
9	37.20	6&U 25 Back	35.00	10
11	28.40	7-8 25 Back	27.51	12
13	24.41	9-10 25 Back	23.70	14
15	none	6&U 100 Free Relay	none	16
Break: 6 & Under Awards				
17	none	8&U 100 Free Relay	none	18
19	none	10&U 100 Free Relay	none	20
21	29.61	8&U 25 Fly	28.62	22
23	22.40	9-10 25 Fly	21.90	24
25	32.30	8&U 25 Breast	31.18	26
27	26.18	9-10 25 Breast	25.60	28
All Remaining Awards				

BOYS Event #	METER Qualifying	Sunday June 27	METER Qualifying	GIRLS Event #
31	1:25.56	13-14 100 IM	1:29.00	32
33	1:18.00	15-18 100 IM	1:28.00	34
35	1:13.48	11-14 100 Free	1:18.00	36
37	1:07.00	15-18 100 Free	1:17.48	38
39	46.60	11-12 50 Fly	45.50	40
41	41.29	13-14 50 Fly	41.40	42
43	35.00	15-18 50 Fly	41.74	44
45	51.16	11-12 50 Breast	50.05	46
47	46.00	13-14 50 Breast	47.20	48
49	43.29	15-18 50 Breast	47.73	50
51	1:39.00	11-12 100 IM	1:36.00	52
53	none	12&U 200 Free Relay	none	54
55	none	14&U 200 Free Relay	none	56
57	none	18&U 200 Free Relay	none	58
59	37.20	11-12 50 Free	37.00	60
61	32.63	13-14 50 Free	34.80	62
63	30.08	15-18 50 Free	34.02	64
65	47.70	11-12 50 Back	47.00	66
67	42.60	13-14 50 Back	43.50	68
69	41.96	15-18 50 Back	44.84	70
Individual and Team Awards				

1.11

2010 ALLSTAR SWIMMING CHAMPIONSHIP

YARDS - PI Times are the Cut Offs

BOYS Event #	YARD Qualifying	Saturday June 26	YARD Qualifying	GIRLS Event #
1	1:39.00	10&U 100 IM	1:37.00	2
3	28.09	6&U 25 Free	27.12	4
5	19.73	7-8 25 Free	19.88	6
7	16.40	9-10 25 Free	16.58	8
9	33.51	6&U 25 Back	31.53	10
11	25.59	7-8 25 Back	24.78	12
13	21.99	9-10 25 Back	21.35	14
15	none	6&U 100 Free Relay	none	16
Break: 6 & Under Awards				
17	none	8&U 100 Free Relay	none	18
19	none	10&U 100 Free Relay	none	20
21	26.68	8&U 25 Fly	25.78	22
23	20.18	9-10 25 Fly	19.73	24
25	29.10	8&U 25 Breast	28.09	26
27	23.59	9-10 25 Breast	23.06	28
All Remaining Awards				

BOYS Event #	YARD Qualifying	Sunday June 27	YARD Qualifying	GIRLS Event #
31	1:17.08	13-14 100 IM	1:20.18	32
33	1:10.27	15-18 100 IM	1:19.28	34
35	1:06.20	11-14 100 Free	1:10.27	36
37	1:00.36	15-18 100 Free	1:09.80	38
39	41.98	11-12 50 Fly	40.99	40
41	37.20	13-14 50 Fly	37.30	42
43	31.53	15-18 50 Fly	37.60	44
45	46.09	11-12 50 Breast	45.09	46
47	41.44	13-14 50 Breast	42.52	48
49	39.00	15-18 50 Breast	43.00	50
51	1:29.19	11-12 100 IM	1:26.49	52
53		12&U 200 Free Relay		54
55		14&U 200 Free Relay		56
57		18&U 200 Free Relay		58
59	33.51	11-12 50 Free	33.33	60
61	29.40	13-14 50 Free	31.35	62
63	27.10	15-18 50 Free	30.65	64
65	42.97	11-12 50 Back	42.34	66
67	38.38	13-14 50 Back	39.19	68
69	37.80	15-18 50 Back	40.40	70
Individual and Team Awards				

AllStar CHAMPIONSHIP MEET

Saturday June 26 & Sunday June 27, 2010

LOCATION: Klein Oak High School, 22603 Northcrest Dr, Spring, Tx 77389

Directions: From Houston

1. Take I-45 north.
2. Turn left (west) on 2920.
3. Turn right on Gosling.
4. Turn left on Spring-Stuebner.
5. Turn right on Northcrest.

From The Woodlands

1. Take Gosling south from The Woodlands Parkway.
2. Turn right on Root.
3. Turn left on Northcrest.

From the Willowbrook Area

1. Take 249 north toward Tomball.
2. Turn right on Boudreaux.
3. Turn left on Northcrest.

POOL: Eight lane, indoor 25 meter pool with non-turbulent lane lines; CTS-5000 electronic timing with lane clock and automatic data acquisition; Spectator bleacher seating is for observation only. There is **NO SETUP** in the stands. Please **NO** flash photography at the start of a race.

MEET SCHEDULE:

Saturday, June 26 & Sunday, June 27 -**TIMED FINALS** -one session during the day – **NO EVENING FINALS!**
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 Club website www.packswimming.com and on the NWAL website www.nwal.org two days prior to the meet.

MEET REFEREE: Tom Jones – twjones@earthlink.net

ADMIN REFEREE: Kevin Little - kplittle1@me.com

MEET DIRECTOR: Kevin Pringle – kevinp2865@msn.com

MEET INFORMATION CONTACT: Kevin Little (kplittle1@me.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: TBD

EMS will be on the grounds during the meet.

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

OFFICIALS:

Only Certified NWAL 2010 Officials will officiate at this meet. Officials who are interested in working at the meet are encouraged to notify the meet referee Tom Jones (twjones@earthlink.net) in advance, preferably before Friday, June 25th. 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.

RULES: The ALLSTAR Meet rules will be based upon the 2010 NWAL Rules except as otherwise indicated. All swimmers/teams must be registered and in good standing with the Northwest Aquatic League (N WAL). 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. Swimmers may only compete in one age group for the entire meet as per NWAL rules. All times must be official best times made during the 2010 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 2010 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 attached 2010 AllStar Time Standards

Only swimmers with minimum qualifying times in Individual Events that **do not reach the cut-off time** will be allowed to compete in that individual event. All times must be from an official 2010 NWAL Meet. These times must be Official Times made without disqualifications during a Dual, Divisional or Invitational Meet during the 2010 NWAL Season. **Time Trial times will NOT be allowed as well as NT (No Times) for individual events.**

3 Event Bonus Rule – If the swimmer has achieved an AllStar time (or better) in at least three 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. **Make sure you check the Bonus Box on the team manager entry screen for those entries to indicate that this entry did not meet the qualification time.**

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 time standard in order to enter the event.

AGE: As of May 31, 2010

ENTRY FEES:

Individual Events: \$4.00

Relays Events: \$8.00

Make checks payable to: **Premier Aquatics Club**. Entry Fees **must** accompany entries.

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 2010 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 the NWAL in the current season. No Time Trial times are allowed for individual or relay entries. Entries submitted with NT (no time) will not be permitted. **Due to the meter setup of this event, the Team Manager Events File will convert to Meters.** Entry times should not be converted by the entrant – they will be converted to the proper course by the HY-TEK software using the default conversions. If entries are made by paper (not using Hy-Tek), swimmers should indicate on their entry the course at which the entry time was made (i.e., Y or S). **NOTE: There will be a \$25 charge for ANY manual entries.**

If best time was achieved at a pool that is not the standard 25 meter or 25 yard pool, please contact the meet entry coordinator for conversions and entry instructions.

Teams are asked to have their regular entry personnel do the entries for this meet. All teams must submit their entries on CD or Flash Drive, Floppy Disk WILL NOT be accepted, CD using Hy-Tek Team Manager or Team Manager II Software. This is the same export file that all teams use to export entries for their Dual and Divisional meets. Teams should download the 2010 All Star.STD time standard file and the.HYV meet event file that is posted on the NWAL website, www.nwal.org and on the PACK website, www.packswimming.com. When the All Star.STD time standard file is imported into Team Manager, 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 into Team Manager, the meet will be set up for entry personnel to complete their entries for the meet. Teams should put their entries onto CD or Flash Drive (again floppy disk WILL NOT be accepted). **There are Cut-off times for Relay Events this year. 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 Clerk of Course.**

Only 2 (two) relay entries per event per team will be accepted.

A Hard copy of Meet Entry Report created from the Team's Team Manager Software **is required** to be turned in with the CD or flash drive. This report should be sorted by name and the "include proof of time" option should be checked. **On the hard copy highlight the swimmers names and swims which are entering a bonus event using the 3 event bonus rule.**

ENTRIES DUE:

An entry flash drive/CD and documents must be presented at **Terra Nova West Clubhouse**, 17621 Moss Point Dr, Spring TX 77379, on Sunday, June 20th between 3:00pm and 6:00pm, or on Monday, June 21st between 10:00am and 1:00pm. **Make sure to have all your paperwork, entries on a Flash Drive (or CD), and payment completed before you come. Do not forget to select the "Include the Proof of Time" option on your Meet Entry Report and sort it by Name.**

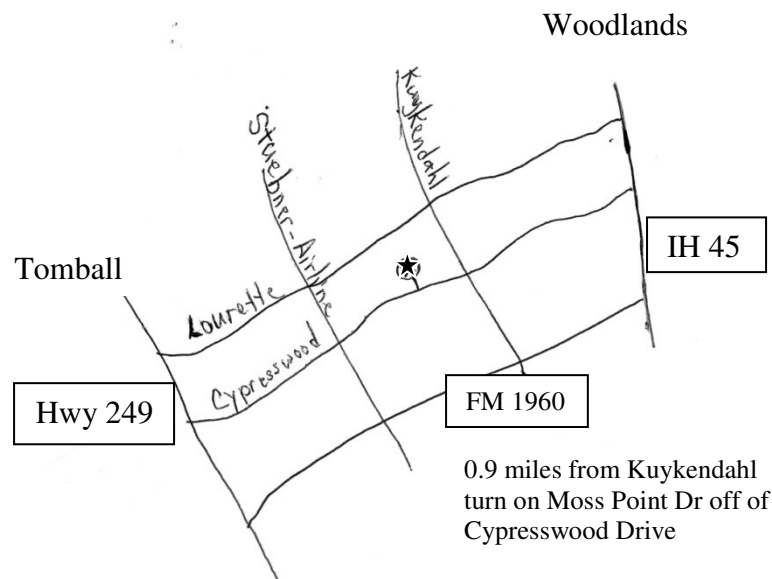
NO LATE ENTRIES WILL BE ACCEPTED!

What to bring to registration:

- 1 Team Manager Entry Export on CD or Flash Drive.
- 2 Hard Copy 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!! Highlight the swimmers names and swims which are entering a bonus event using the 3 event bonus rule.)**
- 3 Team Summary Page (included in this packet)
- 4 Any Team Spirit or Event Sponsors (use attached form)
5. Preorder for T-shirts and Towels (use attached form)
6. Payment – Check payable: Premier Aquatics Club

NO ENTRIES WILL BE ACCEPTED AFTER 1:00pm on MONDAY, JUNE 22rd !
Meet Entry Questions? Contact Kevin Little: kplittle1@me.com

MAP TO: TERRA NOVA WEST CLUBHOUSE



LIMITED DECK ENTRIES:

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 by 8:00 a.m. each day.
- 2 Proof of qualifying time will be required. Either Hy-Tek Team Manager Top Times Report OR a new Meet Entry Report with proof of time, for the swimmer in question, must be presented with the entry.
- 3 The fee is ten dollars (\$10.00) per each Individual Entry and twenty dollars (\$20.00) per each Relay Entry. Fees must be paid to the Clerk Of Course at the time of entry.
- 4 **Late entries will be placed into empty lanes ONLY.** Empty lanes may appear in the first and 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. **Events will not be re-seeded. If lanes are full, no entries will be accepted for that specific event.**
- 5 **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 late entries.

PLEASE NOTE: Teams are asked to check the Athlete Roster that will be posted on the Premier Aquatics Club and NWAL websites no later than Wed. PM after the entry drop off. This list will be sorted by team and will list each entered athlete alphabetically 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 ARE ENTERED INTO THE MEET.**

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 2010 season. ANY SWIMMER FOUND TO HAVE REACHED THE PUBLISHED CUT-OFF TIME DURING THE 2010 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:** Kevin Little kplittle1@me.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.

AWARDS:

Individual Event Awards - Medals will be awarded to individuals placing 1st-3rd place. Ribbons will be awarded to individuals placing 4th- 12th place. Multi-age group events will be scored and awards give 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
- 11-14 yr old events** – awards for 14yr olds and 11-13 yr olds
- 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 the relay teams placing 1st-3rd place. Ribbons will be awarded to the 4 individual swimmers on the relay teams placing 4th – 8th place for all four swimmers in the relays.

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 - First, second and third place team trophies will be awarded to the three 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 high point awards.

AWARDS PRESENTATION: Presentation of Awards for 6 & under Events (1st -3rd place only medals) and Relay Events (1st place only medals) will be awarded after event # 20 on Saturday. The remainder of Saturday's events awards (1st-3rd place only medals) will be presented at the conclusion of the meet on Saturday. Ribbons for Individual Events (4th – 12th place), Medals for Relay Events (2nd & 3rd place), Ribbons for Relay Events (4th–8th place) will be available at the awards table during and after 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 each session. Presentation of Team Awards (1st–3rd place in each of the three groups) will be awarded at the conclusion of Sunday's session.

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.

SCORING: Scoring for individual events (1st through 12th places): 15-13-11-9-8-7-6-5-4-3-2-1 Scoring for relay events (1st through 8th place): 24-20-16-12-10-8-6-4 Individual points will be awarded to swimmers finishing in the top 12 positions in individual events. Team points will be awarded for individuals finishing in the top 12 positions in individual events and relay teams finishing in the top 8 positions.

TIMING SYSTEM and TIMERS:

An electronic timing system will be used along with two watches per lane for back-up. Teams will be required to furnish timers based on their number of swimmers entered in the meet. Timing assignments will be listed in the Heat Sheet as well as the NWAL website at least two days 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 at the ready bench. 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 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. 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.**

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, announcements will be made and a flip chart will also be used to assist the swimmers. Except for one adult to accompany relay teams with swimmers 10 years old and younger, parents and coaches will not be permitted in the ready bench area. Experienced meet workers will help the swimmers through the ready bench area and to the blocks.

MEET RESULTS and SCORES: Daily results will be posted after each day is completed on the NWAL website www.nwal.org. Swimmers and coaches who are not able to stay on Saturday to see the results for their event posted at the meet may go to the web site on Saturday evening to view their results. Full results and downloadable result files will also be posted on the Premier Aquatics Club website at the end of the meet at www.packswimming.com

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 registered 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 only 1 coach per 30 swimmer entered with a maximum of 3 coaches on deck.** Each allowed coach can have a chair.
- Setup on deck or in the commons will only be allowed on the day of the meet.
- There will be NO setup allowed in the upper deck viewing stands inside the pool area.
- No animals of any kind are allowed on Klein ISD property

SWIMMER REST AREA:

The rest area will be set up inside the common area and outside on a first come basis. Tents are needed for outdoor team set-up. Bathrooms are available in this area in the locker room and in the school building. All people are asked to keep in mind that this is a Klein Oak High School facility and to keep their swimmers in the designated areas **only** and keep their rest area picked up. There will be **NO DESIGNATED TEAM AREAS** in the swimmer rest area.

CONCESSIONS:

A full Concession will be available during the meet.

HOSPITALITY:

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

MERCHANDISE: 2010 AllStar Merchandise, (Heat Sheets, T-Shirts, Towels, Caps, Shorts, etc.) will be available for purchase at the meet. Preorders by team for selected merchandise will be accepted at registration. Use attached preorder form. Preordered merchandise packages may be picked up at the meet on Saturday and Sunday mornings after 9:00am. Swim gear will be also be available at the meet.

COACHES' PACKETS: A 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. These will include their team's entries as shown in the meet computer, one complimentary AllStar meet program, one coach's lunch ticket per day, preprinted relay cards for any relays that they have entered, and any other pertinent information. **Extra AllStar coach's meet programs which includes one coach lunch ticket per day may be purchased for additional coaches at registration at \$5.00 for the first addition, \$7.50 for second additional and \$10.00 for each one after that.**

The relay cards will need to be turned in either with no changes or with any swimmer and time adjustments by 9:00 a.m. for all 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. 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 in the team assembly area to assist swimmers and spectators with any questions. Please have volunteers check-in at The Information Desk.

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 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.
 - 5 Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
- 1 Swimmers should be reminded by coaches that 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.
 - 5 Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6 All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
- 1 Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2 Glass containers are prohibited.
 - 3 Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.



2010 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 2010 Sponsors for supporting your team this season with a special page dedicated to them with Thanks. This page will be printed twice in the Heat Sheet, once for Saturday and again for Sunday.

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: \$ _____

NWAL ALLSTAR MEET XXVIII
JUNE 26 & 27, 2010
(HOSTED BY PREMIER AQUATICS)
HEAT SHEET ADVERTISING RATES

Prices: Full Page \$200 Half Page \$100
 Quarter Page \$65 Business Card Size \$25

For more information contact:
Maryanne Merlock: atlarge2@packswimming.com
ADVERTISEMENT ART SHOULD BE RECEIVED NO LATER THAN JUNE 15TH.

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)
- From Stationary or business card

Your Contact Information

Contact Name:
Company:
Address:
Phone:
Email:

Email ad or art to: atlarge2@packswimming.com

Mail this page and payment to:

PACK
P. O. Box 11108
Spring, TX 77391

2010 AllStar SWIMMING CHAMPIONSHIPS

TEAM SUMMARY

TEAM NAME: _____ Team Abbreviation: _____

TEAM REP NAME: _____ PHONE: _____ EMAIL: _____

TEAM ENTRY PERSON: _____ PHONE: _____ EMAIL: _____

MAIL AWARDS NOT PICKED UP TO:

NAME: _____ EMAIL: _____

ADDRESS: _____

Name of Coach 1: _____ Day 1 / _____ Day 2

Name of Coach 2: _____ / _____

Name of Coach 3: _____ / _____

CHECK LIST:

- 1 Team Manager Entry Export file on Key Drive or CD
- 2 Hard Copy Meet Entry Report- For Individual and Relay Events (Sorted by Name, Including Proof of Times for Individuals and Relays!!)
- 3 This Team Summary Page
- 4 Any Team Spirit or Event Sponsors (use attached form)
- 5 Per order for T-shirts and Towels (use attached form)
- 6 Payment – Check payable: Premier Aquatics Club

NWAL OFFICIALS VOLUNTEERING – List Name, email, phone # and NWAL Certification

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

TOTALS:

Total Number of Swimmers: # _____

Number of Individual Entries: # _____ x \$4.00 = \$ _____

Number of Relay Entries: # _____ x \$8.00 = \$ _____

Total Entry Fee Amount = \$ _____

Add'l Coach Meet Programs: 1 add'l \$5.00, 2 add'l \$12.50,
(Each includes one coach lunch ticket) 3 add'l \$22.50, add \$10 for each add'l \$ _____

Spirit/Event Sponsor Ads: (Attach Spirit/Event Sponsor Page) \$ _____

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

TOTAL DUE: \$ _____

For Office Use:

Paid by: cash – amount \$ _____ Check # _____ & amount \$ _____

ALLSTAR CHAMPIONSHIP MEET

Hosted by PREMIER AQUATICS CLUB

Saturday June 26 & Sunday June 27, 2008

At Klein Oak High School Natatorium

Team Merchandise Preorder Form

Bring this form with you to registration. Preordered merchandise can be picked up after 9:00am both Saturday and Sunday mornings at the meet. Samples will be available at registration.

Custom 2010 ALLSTAR T-shirt \$15.00 each

Size & Quantity:

Youth Med _____ Youth Large _____

Adult sizes: Small _____ Med _____ Large _____ XLarge _____ XXLarge _____

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

Total Adult XXLG T-shirts ordered: _____ x \$16.50 = \$ _____ **Total**

LARGE SWIM TOWEL \$20.00 each

Color & Quantity:

Color of Towel: White _____ Navy _____ Red _____ Royal _____

Total number Swim Towels ordered: _____ x \$20.00 = \$ _____ **Total**

FLEECE STADIUM BLANKET \$30.00 each

Color & Quantity:

Color of Blanket: Navy _____ Red _____ Royal _____

Total number Blankets ordered: _____ x \$30.00 = \$ _____ **Total**

GRAY HOODED SWEATSHIRT \$25.00 each

Size & Quantity:

Youth Med _____ Youth Large _____

Adult sizes: Small _____ Med _____ Large _____ XLarge _____ XXLarge _____

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

Monogram towels, blankets or sweatshirts with swimmer's name - \$6.00 extra per name.

ON A SEPARATE SHEET ATTACH A LIST WITH NAMES – 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 \$6.00 = \$ _____ **Total**

MERCHANDISE GRAND TOTAL: \$ _____

NWAL TEAM NAME (Not mascot): _____

PERSON PICKING UP MERCHANDISE AT MEET: _____

PHONE # _____ ALTERNATE PHONE # (Must have) _____

EMAIL ADDRESS: (Must have) _____