



June 6-7, 2010

Welcome to all 2010 NWAL Teams!

Premier Aquatics Club is proud to present **SUMMER THUNDER VI**, an NWAL-sanctioned meet. Premier Aquatics Club and NWAL are again offering a pre-seeded timed final meet with electronic timing to provide swimmers with an additional opportunity to qualify for the post season meets. The meet will be held at the Klein Oak High School Pool. Indoor setup areas will be available. Like last year, all 10 and Under events as well as the 11 & Up 100 Free and 100 IM on Sunday afternoon to allow additional time. All other 11 & Up events will be held on Monday evening. See Pool Deck Restriction section for limits on coaches allowed on deck.

Since this is open to all NWAL teams, we must limit the number of competitors to 900 in order to provide the best conditions for all the swimmers and spectators. Attached you will find the full meet invitation, meet entry form, meet events, and qualifying standards.

Awards will be presented to the top eight competitors for each individual event as well as recognitions for high point by age group.

Each Individual Event will award at most 2 groups of swimmers. See the following examples:
6&under events – awards for 6 & unders only; 8&under events – awards for 8 yr olds and 7&unders;
7-8 yr old events – awards for 7yr olds and 8yr olds; 10&under events – awards for 10 yr olds and 9&unders;
12&under events – awards for 12 yr olds and 11&unders; 11-12yr old events – awards for 11yr olds and 12 yr olds;
13-14yr events – awards for 13 yr old and 14 yr old; 15-18yr old events – awards for 15yr & over only.

Event T-shirts will be available for purchase at the venue. Premier Aquatics Club looks forward to your participation in this exciting event.

Thank You for your Consideration,
Kevin Little, Meet Director

2010 Summer Thunder

Sunday, June 6th

Meters	Yards	BOYS	All 10 & Unders; 11 & Up 100's	Girls	Meters	Yards
NT	NT	1	8 & U 100 Medley Relay	2	NT	NT
NT	NT	3	9-10 100 Medley Relay	4	NT	NT
35.37	31.86	5	8 & U 25 Breast	6	35.37	31.86
28.92	26.05	7	9-10 25 Breast	8	27.50	24.77
32.96	29.69	9	8 & U 25 Fly	10	34.08	30.70
25.71	23.16	11	9-10 25 Fly	12	25.00	22.52
NT	NT	13	6 & U 100 Free Relay	14	NT	NT
NT	NT	15	7-8 100 Free Relay	16	NT	NT
NT	NT	17	9-10 100 Free Relay	18	NT	NT
37.82	34.07	19	6 & U 25 Free	20	37.85	34.10
25.20	22.70	21	7-8 25 Free	22	25.10	22.61
19.66	17.71	23	9-10 25 Free	24	19.41	17.49
45.43	40.93	25	6 & U 25 Back	26	42.68	38.45
31.10	28.02	27	7-8 25 Back	28	30.10	27.12
27.71	24.96	29	9-10 25 Back	30	26.10	23.51
11 & Up Warm Up: 10 Minutes						
1:58.49	1:46.75	31	10 & U 100 IM	32	1:59.89	1:48.01
1:49.94	1:39.05	33	11-12 100 IM	34	1:48.03	1:37.32
NT	NT	35	13-14 100 IM	36	NT	NT
NT	NT	37	15-18 100 IM	38	NT	NT
1:35.76	1:26.27	39	12 & Under 100 Free	40	1:33.79	1:24.50
NT	NT	41	13-14 100 Free	42	NT	NT
NT	NT	43	15-18 100 Free	44	NT	NT

2010 Summer Thunder

Monday, June 7th

Meters	Yards	Boys	11 and Up Events Only	Girls	Meters	Yards
NT	NT	45	11-12 200 Medley Relay	46	NT	NT
NT	NT	47	13-14 200 Medley Relay	48	NT	NT
NT	NT	49	15 -18 200 Medley Relay	50	NT	NT
55.53	50.03	51	11-12 50 Breast	52	53.88	48.54
NT	NT	53	13-14 50 Breast	54	NT	NT
NT	NT	55	15-18 50 Breast	56	NT	NT
52.99	47.74	57	11-12 50 Back	58	50.76	45.73
NT	NT	59	13-14 50 Back	60	NT	NT
NT	NT	61	15-18 50 Back	62	NT	NT
54.79	49.36	63	11-12 50 Fly	64	50.59	45.58
NT	NT	65	13-14 50 Fly	66	NT	NT
NT	NT	67	15-18 50 Fly	68	NT	NT
NT	NT	69	11-12 200 Free Relay	70	NT	NT
NT	NT	71	13-14 200 Free Relay	72	NT	NT
NT	NT	73	15-18 200 Free Relay	74	NT	NT
40.00	36.04	75	11-12 50 Free	76	39.50	35.59
NT	NT	77	13-14 50 Free	78	NT	NT
NT	NT	79	15-18 50 Free	80	NT	NT

22-Jan



**NORTHWEST AQUATICS LEAGUE
2010 Summer Thunder
HOSTED BY
Premier Aquatics Club
Two Day Timed-Finals Meet
June 6-7, 2010
SANCTIONED BY NWAL**



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

Directions: From I-45 exit FM 2920 turn west, drive west on FM 2920, turn right on Gosling and then left on Spring Stuebner. Turn right on Northcrest and then left on Klein Oak Road. The Natatorium is located down the sidewalk near the tennis courts.

POOL: Eight lane, 25 meter indoor pool with non-turbulent lane lines. The venue will also feature an indoor ready bench area and team setup area. Setup will only be allowed before each session. The stands in the pool area will be for observation only and **NO SETUP IS ALLOWED**. Please allow others to watch their child after yours has swum. There is no flash photography at the start of a race.

TIME AND DATE: This is a timed-finals meet.

Sunday, June 6th will be for all 10 and Under events and the 11 & Up 100 Free and 100 IM. Warm-up on Sunday will begin at 11:30 a.m. meet starts at 1:00 p.m.

Monday June 7th will be for the remaining 11 and up events. Warm-ups start at 3:45 p.m. and the meet will start at 5:00 p.m.

Split warm-ups will be in effect, with team and lane assignments posted on Premier Aquatics Club's webpage, www.packswimming.com, at least three days prior to the start of the meet or you may call one of the listed meet directors.

MEET REFEREE: Tom Jones

MEET DIRECTOR: Kevin Little, 832-559-7217 (please call before 8:30 pm); kplittle1@me.com

MEET COORDINATOR: Kevin Pringle, kevinp2865@msn.com

SAFETY MARSHAL: Russell Crawford

OFFICIALS: 2010 NWAL certified officials will officiate. Teams are requested to supply officials and to submit a current officials list with their meet entries

ENTRY INFORMATION: Entry Times: Entries must be submitted in meter times. **Your Team Manager Software will convert to meters if you use the Events File provided.** If entries are made by paper (not using Hy-Tek), times should be submitted in meter times. (non-electronic entries have a \$25 fee) 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.

Qualifying Times: This Invitational Meet is designed to encourage and foster competitive Summer League Swimming. All swimmers 13 years and older are invited to attend regardless of seed times. Swimmers 12 years and younger must have achieved minimum qualifying times in the attached order of events. Relay participants must meet the qualifying time for his/her leg of the relay. **Time Trial times WILL be allowed. NTs (No Times) will not be allowed.**

BONUS Events - Swimmers that qualify for 3 events will be allowed to swim all additional events provided they have a legal time swum at a time trial or a sanctioned NWAL meet. Again NTs will not be accepted. Please check Bonus box on the Team Manager Event Entry screen for those events.

****Note: 12 & Under 100 Free Exception.** The 12 & under 100 Free cannot be added as a bonus. Swimmers **MUST** achieve the time standard in that event in order to enter.

Number of Events: NWAL Rules will apply with the following clarifications: (1) There is no limit to the number of individual events in which a swimmer may enter. (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.

Deadline: **Entries will be accepted on Sunday, May 30, 2010 from 10am to Noon VIA EMAIL or in person at the address below .** Any entry received prior to 10am will be returned. Checks must be received by **Tuesday June 1st, at Noon.** Do not send checks via Federal Express, etc., that require a signature; If you must send your checks by express mail, please indicate that a signature is NOT required. Send checks to the Meet Entry Chairman at the address listed below. For any team where the check was not received on time, that team will be dropped from the meet at the meet director's discretion. If a team is removed due to failure to submit fees, the meet director will reserve the right to add the next team(s) that submitted entries originally but was not allowed to enter due to swimmer count limits.

Meet Entry Chairman: Kevin Little 832-559-7217 kplittle1@me.com
Kevin Little
17723 Moss Point Drive Spring, TX 77379

Entries: All teams **MUST** submit their entries via email, CD or Flash Drive, (Floppy Disk will NOT be accepted) using the Hy-Tek Meet Manager/Team Manager computer software, along with a hard copy printout of the entries. Include relays and relay-only swimmers on your completed entry form, CD. **Meet entries will be limited to 900 Total swimmers on a first come first serve basis.** The team that comprises the 900th swimmer will be allowed to fully enter the meet after which no teams shall be permitted to enter.

Teams with **ANY** swimmers who do not submit their entries via electronic media

must remit a \$25 surcharge along with their entry fees . Summer Thunder is not responsible for any times mis-entered manually and WILL NOT reseed any event due to entry error. Teams are strongly encouraged to submit all entries electronically using the Hy-Tek Team Manager software via Email.

Eligible Teams:

All NWAL teams.

Fees:

\$4.00 per Individual Event and \$8.00 for each Relay event. Make checks payable to **Premier Aquatics Club**. Entry fees must accompany entries.

AWARDS:

Individual events: Medals for individual 1st – 8th place. (Awards to 6&U, 7, 8, 9, 10,11,12,13,14, and 15-18). **Note: 2 sets of awards at most will be awarded for individual events that span ages. For example, 8&under events will awards for 8 yr olds and 7&unders)** Relay events: Medals for 1st – 3rd place. **High Point Awards** will be given to the boy and girl in each age group earning the highest points (6&U, 7, 8, 9, 10, 11, 12, 13,14, 15-18). 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:** High point trophies will also be awarded to the top three teams in two divisions (Divisions 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.

SCORING:

Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

SEEDING:

The meet will be a pre-seeded meet. There will be no “on-deck” entries per NWAL rules. 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, sold on the day of the event. The coaches must turn in relay cards with either no changes or with any swimmer and time adjustments by 2 pm on Sunday and 5 pm on Monday.

If any swimmer changes are made on the relays, it is the coach’s responsibility to ensure sure only swimmers qualified for that leg in Summer Thunder are used for each swim. All swimmers must be shown in the order in which they will swim on the relay. 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*.

RULES AND SANCTIONS: The 2010 NWAL rules will apply. The meet will be held under the sanction of the NWAL League Officers and Board of Directors. No entries can be accepted unless the entrant is a member of registered NWAL team. **The three (3) event rule does apply.** Please see Qualifying Times section for information on **BONUS Events**. Teams may enter as many as 2 relays and all relays are eligible to score points.

All participants must be registered 2010 NWAL swimmers. All participants must have competed in at least one NWAL meet during the 2010 NWAL season. Eligibility for an age group is determined by the individual’s age as of the end of May 31, 2010 per NWAL rules.

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

TIMING SYSTEM: A Colorado Model 5000 or 6000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the Heat sheet and on the Premier Aquatic's website (www.packswimming.com) prior to the meet.

POOL DECK RESTRICTION: Because of Insurance Safety Regulations, the swimming pool deck, during the operation of the Summer Thunder 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.

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.

Each team will receive one complimentary Heat Sheet.

SWIMMERS WITH DISABILITIES: Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to help arrange any additional equipment.

CONCESSIONS: Concessions will be available.

HOSPITALITY: A hospitality room will be available for coaches and officials.

MEET SETUP: Air Conditioned inside setup will be available in the "commons" area of the high school.

MERCHANDISE: Premier Aquatics Club or a vendor permitted by Premier Aquatics will be selling apparel and swim gear. A Summer Thunder shirt will be on sale as well.

MEET RESULTS: Meet results will be posted on the Premier Aquatics Club Web Page (www.packswimming.com) as well at the NWAL Web Page (<http://www.nwal.org/>) within two days after the conclusion of the meet.

**2010
NWAL
SUMMER THUNDER**

Hosted by

Premier Aquatics Club
June 6th and 7th , 2010

TEAM ENTRY FORM

Must be submitted with entry

TEAM NAME: _____ **Team Abbreviation:** _____

TEAM ENTRY PERSON: _____

PHONE: _____ **EMAIL:** _____

CONTACT FOR AWARDS NOT PICKED UP:

NAME: _____ **EMAIL:** _____

CHECK LIST:

- 1 **Team Manager Entry Export via Email or on CD/Key Drive**
- 2 **Hard Copy Meet Entry Report- For Individual and Relay Events**
- 3 **This Team Summary Page**
- 4 **Event Sponsors (use attached form)**
- 5 **Payment – Check payable: Premier Aquatics Club**

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

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____

TOTALS:

Total Number of Swimmers: # _____

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

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

Total Entry Fee Amount = \$ _____

For Office Use:

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

NWAL SUMMER THUNDER VI
JUNE 6 & 7, 2010
(HOSTED BY PREMIER AQUATICS)
HEAT SHEET ADVERTISING RATES

Prices: Full Page \$100 Half Page \$50
 Quarter Page \$25 Business Card Size \$10

For more information contact:

Maryanne Merlock: atlarge2@packswimming.com

ADVERTISEMENT ART SHOULD BE RECEIVED NO LATER THAN MAY 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

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 unattached or unattended swimmers, and/or their coaches, should arrange, prior to their arrival at the meet, for a certified coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1 Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2 Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3 Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4 Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
- C. Safety Marshals
 - 1. Appointed Safety Marshals 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 Klein ISD
 - 2 Glass containers are prohibited.
 - 3 Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.