



Klein High School Natatorium – June 25-27, 2021

ALLSTAR CHAMPIONSHIP MEET

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

MEET HIGHLIGHTS

- **This year, with the capacity restrictions we are currently under with Klein ISD, we will be having a timed finals meet. This change is only for this current year, to allow for multiple sessions over the day and allow for more swimmers in the meet this year. Next year, we do plan to switch back to a Prelim/Finals meet once again.**
- **Due to current capacity restrictions, after entries are received, we will be dividing each day in to sessions by age group, and will allow for up to 200 swimmers per session plus 1 spectator per swimmer in the session. Times for each session will be published the week of the meet, once sessions are divided and timelines run. All swimmers in session plus 1 spectator per swimmer will sit in stands in pool area during their session, then exit once session is over to allow for next session to enter. Sessions will be smaller, shorter sessions than in the past.**
- **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 either in at least 1 individual event or as a relay only swimmer to be added to a Relay the day of the meet when Relay changes are submitted to the Computer Room. **Relay only swimmers will be allowed.**
- **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 any 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 1-2 coaches on deck.** Once we have a total team count after entries are accepted, we will notify teams of coach limits, based on number of swimmers and teams entered in meet.
- **MEET INFORMATION CONTACT:** Lyne Santhin – meetcoordinator@packswimming.com
Please contact with any meet questions or concerns.



2021 ALLSTAR SWIMMING CHAMPIONSHIP NWAL Invitational **PRELIM / FINALS** Meet Hosted by **PACK**

YARDS – Ponderosa Invitational Times are the Cut Off Times

Friday, June 25, 2021

| Girls Event # | YARD Qualifying | Event | YARD Qualifying | Boys Event # |
|---------------|-----------------|----------------|-----------------|--------------|
| 1 | 1:14.21 | 11-12 100 Free | 1:13.21 | 2 |
| 3 | 1:12.07 | 13-14 100 Free | 1:09.97 | 4 |
| 5 | 1:11.79 | 15-19 100 Free | 1:04.09 | 6 |

Saturday, June 26, 2021

| | | | | |
|----|-------|---------------------|-------|----|
| 7 | 30.02 | 6&U 25 Free | 30.99 | 8 |
| 9 | 20.46 | 7-8 25 Free | 20.73 | 10 |
| 11 | 17.05 | 9-10 25 Free | 17.13 | 12 |
| 13 | 34.06 | 11-12 50 Free | 34.61 | 14 |
| 15 | 33.41 | 13-14 50 Free | 31.96 | 16 |
| 17 | 32.96 | 15-19 50 Free | 29.02 | 18 |
| 19 | none | 6&U 100 Free Relay | none | 20 |
| 21 | none | 7-8 100 Free Relay | none | 22 |
| 23 | none | 9-10 100 Free Relay | none | 24 |
| 25 | 34.47 | 6&U 25 Back | 35.99 | 26 |
| 27 | 25.85 | 7-8 25 Back | 26.52 | 28 |
| 29 | 21.61 | 9-10 25 Back | 22.35 | 30 |
| 31 | 42.77 | 11-12 50 Back | 45.03 | 32 |
| 33 | 42.37 | 13-14 50 Back | 40.84 | 34 |
| 35 | 42.07 | 15-19 50 Back | 38.17 | 36 |
| 37 | 38.52 | 10 & U 50 Free | 39.02 | 38 |

Sunday, June 27, 2021

| | | | | |
|----|---------|----------------------|---------|----|
| 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 | 15-19 50 Fly | 32.63 | 48 |
| 49 | none | 11-12 200 Free Relay | none | 50 |
| 51 | none | 13-14 200 Free Relay | none | 52 |
| 53 | none | 15-19 200 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 | 15-19 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 | 15-19 100 IM | 1:14.57 | 72 |



**2021 ALLSTAR SWIMMING CHAMPIONSHIP
 NWAL Invitational **PRELIM / FINALS** Meet Hosted by **PACK****

METERS – Ponderosa Invitational Times are the Cut Off Times
 Friday, June 25, 2021

| Girls Event # | YARD Qualifying | Event | YARD Qualifying | Boys Event # |
|---------------|-----------------|----------------|-----------------|--------------|
| 1 | 1:22.37 | 11-12 100 Free | 1:21.26 | 2 |
| 3 | 1:20.00 | 13-14 100 Free | 1:17.67 | 4 |
| 5 | 1:19.69 | 15-19 100 Free | 1:11.14 | 6 |

Saturday, June 26, 2021

| | | | | |
|----|-------|---------------------|-------|----|
| 7 | 33.32 | 6&U 25 Free | 34.40 | 8 |
| 9 | 22.71 | 7-8 25 Free | 23.01 | 10 |
| 11 | 18.93 | 9-10 25 Free | 19.01 | 12 |
| 13 | 37.81 | 11-12 50 Free | 38.42 | 14 |
| 15 | 37.09 | 13-14 50 Free | 35.48 | 16 |
| 17 | 36.59 | 15-19 50 Free | 32.21 | 18 |
| 19 | none | 6&U 100 Free Relay | none | 20 |
| 21 | none | 7-8 100 Free Relay | none | 22 |
| 23 | none | 9-10 100 Free Relay | none | 24 |
| 25 | 38.26 | 6&U 25 Back | 39.95 | 26 |
| 27 | 28.69 | 7-8 25 Back | 29.44 | 28 |
| 29 | 23.99 | 9-10 25 Back | 24.81 | 30 |
| 31 | 47.47 | 11-12 50 Back | 49.98 | 32 |
| 33 | 47.03 | 13-14 50 Back | 45.33 | 34 |
| 35 | 46.70 | 15-19 50 Back | 42.37 | 36 |
| 37 | 42.76 | 10 & U 50 Free | 43.31 | 38 |

Sunday June 27, 2021

| | | | | |
|----|---------|----------------------|---------|----|
| 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 | 15-19 50 Fly | 36.22 | 48 |
| 49 | none | 11-12 200 Free Relay | none | 50 |
| 51 | none | 13-14 200 Free Relay | none | 52 |
| 53 | none | 15-19 200 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 | 15-19 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 | 15-19 100 IM | 1:22.77 | 72 |

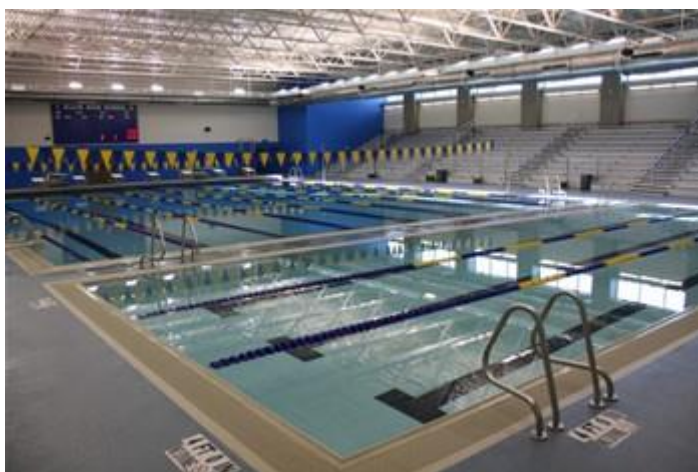


ALLSTAR CHAMPIONSHIP MEET

Friday – Sunday, June 25-27, 2021

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 last page of this document.**



POOL: Eight lane, indoor 25 yard pool with non-turbulent lane lines with 3 additional warmup lanes; Daktronics electronic timing with electronic scoreboard will be used. Electronic buttons and stop watches will be used as a back-up. Please **NO** flash photography at the start of a race.

MEET REFEREE: Matt Sale – president@packswimming.com

MEET DIRECTOR: Lyne Santhin, Susan Rangel, Cynthia Singh, James Smith
meetcoordinator@packswimming.com

MEET INFORMATION CONTACT: Lyne Santhin – meetcoordinator@packswimming.com Please contact this person for any pre-meet information/concerns and post meet information/concerns.

MEET ENTRY COORDINATOR: entries@packswimming.com

MEET SAFETY MARSHAL: Kyle Hendricks

MEET FORMAT:

Due to current Klein ISD capacity restrictions, after entries are received, we will be dividing each day in to multiple sessions by age group, and will allow for up to 200 swimmers per session plus 1 spectator per swimmer in the session. **Estimated warmup and start times for each session will be published the week of the meet, once sessions are divided and timelines run.**

All swimmers in session plus 1 spectator per swimmer will sit in stands in pool area during their session, then exit once session is over to allow for next session to enter. Please only bring 1 spectator per swimmer to the meet. No additional spectators will be allowed to enter pool area. Sessions will be smaller, shorter sessions than in the past. No additional seating within the school building will be available.

With the small size of the sessions, there will be plenty of seating in pool area for all swimmers each session plus 1 spectator per swimmer. Do not bring additional items, such as chairs, coolers, blankets, pillows, etc.

We will use a linear ready area for swimmers within the pool area for the meet to line up for their heat.

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

TIMES AND DATES:

Timed Finals Sessions on Friday, June 25th, Saturday, June 26 & Sunday, June 27

Friday, June 25th – 1st session warmup at 4:15 pm; Meet Start at 5:45 pm

Saturday and Sunday, June 26th and 27th:

1st Session warmup each day will be at 7:00 am and 1st Session start time each day will be at 8:30 am.

Once entries are turned in, each day will be divided in to multiple sessions by age groups to allow for up to 200 swimmers per session. Estimated warmup and start times for each session will be published the week of the meet, once sessions are divided and timelines run.

Warm-ups for each session will be divided into groups and determined after all meet entries have been received. These warm-up times and lane assignments will 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.

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

OFFICIALS:

2021 NWAL certified officials will officiate. Teams are requested to supply officials.

RULES: The ALLSTAR Meet rules will be based upon the 2021 NWAL Rules except as otherwise indicated. All swimmers/teams must be registered and in good standing with the Northwest Aquatic League (NWAL). 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 2021 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 must be included with the meet entries. All swimmers in relays must be entered in the meet in at least 1 individual event or as a relay only swimmer (Relay Only Swimmers will be allowed).** ANY SWIMMER FOUND TO HAVE REACHED THE PUBLISHED CUT-OFF TIME DURING THE 2021 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 2021 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 2021 NWAL Meet. These times must be Official Times made without disqualifications during a Dual, Divisional or Invitational Meet during the 2021 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 (PI 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, 2021

ELIGIBLE TEAMS: All NWAL teams.

ENTRY FEES:

Individual Events: \$11.00

Relays Events: \$18.00

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 2021 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 2021 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. Relay swimmers MUST be entered in the meet in at least 1 individual event to be added to a Relay the day of the meet when Relay changes are submitted to the Computer Room (No relay only swimmers this year).**

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:

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 20th at 12:00 noon and will close on Monday, June 21st at 12:00 noon. No additional entries will be accepted after 12:00 noon on Monday, June 21st.

Due to capacity limitations this year at the Klein ISD pools, if the meet fills up, we will no longer accept additional teams at that point. Since we are dividing the day in to multiple sessions that allows up to 200 swimmers per session, we will do everything we possibly can to accommodate all teams wishing to enter.

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.
- 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 (Order form pending)

Entry fee check must be postmarked no later than Monday, June 21st 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 (IF MEET DOES NOT FILL UP):

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 – 7:45 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 **\$20.00 per each Individual Entry and \$25.00 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.
- 7 **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 23rd 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 21st 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 2021 season. ANY SWIMMER FOUND TO HAVE REACHED THE PUBLISHED CUT-OFF TIME DURING THE 2021 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. 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
- 15-19yr 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: Due to current year restrictions, there will be no presentation of awards at the conclusion of each session. There will be no award pick up during the meet. Please, designate someone from your team (a parent or coach) to collect any awards for your team on Sunday. This will help to insure all your swimmers receive the awards they earned in a timely manner. Unclaimed awards will not be mailed. 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 by designated coach or parent.

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. 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. Electronic buttons and stop watches 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. **The coaches must turn in relay cards with either no changes or with any swimmer and time adjustments at the start of each session.** 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. **Relay swimmers MUST be entered in the meet in at least 1 individual event to be added to a Relay the day of the meet when relay changes are submitted to the Computer Room (No relay only swimmers).**

READY AREA: 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 Area on time. **This year, we will be using a linear ready area in the pool area for swimmers to get in line for their heat.**

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 1-2 coaches on deck.** Each allowed coach can have a chair. All coaches must display their NWAL issued coach badge to be allowed on deck. Due to capacity limitations this year, once we have a total team count after entries are accepted, we will notify teams of coach limit, based on number of swimmers and teams entered in meet.
- All swimmers in session plus 1 spectator per swimmer will sit in stands in pool area during their session, then exit once session is over to allow for next session to enter. Please only bring 1 spectator per swimmer to the meet. No additional spectators will be allowed to enter pool area.
- Sessions will be smaller, shorter sessions than in the past. With the small size of the sessions, there will be plenty of seating in pool area for all swimmers each session plus 1 spectator per swimmer. Do not bring additional items, such as chairs, coolers, blankets, pillows, etc. No additional seating within the school building will be available.

CONCESSIONS:

Concessions pending.

HOSPITALITY:

Lunch, Snacks and bottled water will be available for coaches and officials.

MERCHANDISE: Custom 2021 Allstar T-shirts will be available for sale by D&J Sports.

Additional iron-on decals will also be available for purchase at the meet to add to your Allstar t-shirt.

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 coach. See Team Summary form included in this packet to purchase an additional coach packet at \$10.00 for additional coach (Maximum of 1-2 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 beginning of each session. 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.

NWAL/ USA SWIMMING/GULF SWIMMING/PAK 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, USA Swimming, Inc., GULF Swimming and Premier Aquatics Club of Klein, Inc. cannot prevent you (or your child(ren)) 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 NWAL 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 NWAL, PACK, USA SWIMMING AND GULF SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, 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, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Premier Aquatic Club of Klein, Inc (PACK) has taken enhanced health and safety measures for the participants, coaches, volunteers and officials. You must follow all posted instructions while on the 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 PACK meet event at Klein High School, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 SAFETY PROCEDURES:

Thank you for taking the time to become familiar with these procedures prior to the meet to help insure everything goes smoothly!

- Swimmers, volunteers, spectators, officials and coaches in the meet agree to abide by PACK's COVID-19 Safety Procedures and Protocols.
- This meet will be conducted in compliance with local, state, and USA Swimming COVID-19 restrictions.
- The Meet Referee has final authority over conduct of this event and will be working with the Meet Director, Facility Management, and PACK Covid-19 Task Force to enforce Covid-19 safety guidelines and resolve any issues.
- Prior to coming to the pool, everyone should self-screen by answering the following questions. If you answer yes to ANY question below, you should not come to the pool.
 - *Do I feel sick in any way, dizzy, have a cough, have shortness of breath or difficulty breathing?*
 - *Do I have a fever, sore throat, chills, headache, loss of taste or smell or diarrhea?*
 - *Have I been in contact with anyone known to have tested positive for COVID-19?*
- There will be plenty of bleachers in the pool area for swimmers and spectators to sit.
- Only coaches, officials, swimmers, lane timers and volunteers required to be on-deck are allowed on the pool deck, and will maintain current social distancing guidelines throughout the meet.
- Everyone will exit the building through the exit doors past the restrooms. This is a separate set of doors than the entrance doors.
- Previous session will be required to completely exit the building before next session will be allowed to enter.
- We will only have 1 or 2 timers per lane at the meet to maintain social distancing from others. They will move forward only to obtain the ending time of the swimmer in their lane and will immediately move back prior to swimmer exiting the water.
- We will allow adequate time between each event to provide rest for the swimmers by inserting short breaks in the timeline in between events as needed. An estimated timeline will be published for each session and will be posted on the PACK website.
- When a swimmer's heat is 3 heats after the heat in the water, the swimmer will move to a Ready Area on the side of the pool on the spectator side. There will be dots on ground, numbered 1-8 and they will stand on their dot that matches their lane #. Please do not gather in that area early, as we do have plenty of time in between heats, so nobody has to rush. The volunteer at that ready station will let them

know when it is time to go to next ready area. Then, once the starting block area is clear for their heat, the volunteer in that area will direct the swimmers to approach the block area. Once a heat exits water, they will then be directed to exit the block area towards the side where coaches are (opposite spectator stands), and then walk around pool to return to their seat.

- Swimmers must enter and leave the facility in their swimsuits. **Locker rooms and restrooms will be for restroom use only, no changing allowed.**
- Masks are encouraged, but not required inside the facility.

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 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 the meet.
 - 2 Glass containers are prohibited.
 - 3 Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.

2020 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 21st .

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



2021 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)

TOTALS:

Total Number of Swimmers: # _____

Number of Individual Entries: # _____ x **\$11.00** = \$ _____

Number of Relay Entries: # _____ x **\$18.00** = \$ _____

Total Entry Fee Amount = \$ _____

Coach Meet Programs/Meal Ticket: 1st Coach is Free,

\$10.00 for 1 additional coach. Max of 1-2 coaches on deck at 1 time.

\$ _____

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

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

TOTAL DUE: \$ _____



MAP TO KLEIN HIGH SCHOOL POOL

KLEIN HIGH SCHOOL POOL

