



NORTHWEST AQUATICS LEAGUE
2009 SUMMER QUEST
HOSTED BY
Lone Star Swim Team
Two Day Timed Finals Meet
June 8 - 9, 2009



An NWAL Meet presented by Lone Star Swim Team
June 8 - 9, 2009

LOCATION:

Cy-Springs High School Natatorium, 7909 Fry Road, Cypress, Texas. See map at end of invitation.

POOL:

Eight (8) lane, indoor pool with non-turbulent lane lines. The Cy-Springs High School Natatorium has bleachers and elevated stands for spectator viewing. **All spectators are asked to stay in the bleachers and stands only when watching their swimmer and to then go into the air-conditioned swimmers' rest area inside the school in between events.** This will allow everyone a chance to see their athlete swim.

SWIMMER REST AREA:

The rest area will be set up inside the school in a foyer and the commons area immediately adjacent to the pool building. This is the part of the school closest to the pool. It is indoors and air conditioned. No tents are needed (or allowed). Bathrooms are available in this area. All people are asked to keep in mind that this is a CFISD facility and to keep their swimmers in the designated areas **only** and to keep their area picked up. There will be **NO DESIGNATED TEAM AREAS** in the swimmer rest area. Swimmers and teams may set up wherever they want in the area allowed for our use by the school district.

TIME AND DATE:

This is a timed-finals meet Monday, TBD: warm-up at 4:30 p.m., meet starts at 6:00 p.m. Split warm-ups will be in effect, with team and lane assignments posted on the Lone Star web site, www.lonestarswimteam.org, at least three days prior to the start of the meet or you may e-mail one of the listed meet directors. Lane assignments for warm-ups and timing will be designated in the heat sheet, and posted on the Lone Star website at least three days prior to the start of the meet.

MEET REFEREE:

Tom Jones

MEET DIRECTOR:

Becky Wood, becky@lonestarswimteam.org

MEET COORDINATOR:

Michelle Smith, michelle@lonestarswimteam.org

SAFETY MARSHAL:

Paul Hildebrand



NORTHWEST AQUATICS LEAGUE
2009 SUMMER QUEST
HOSTED BY
Lone Star Swim Team
Two Day Timed Finals Meet
June 8 - 9, 2009



OFFICIALS:

2009 NWAL certified officials will officiate. Teams are requested to supply officials and to submit a current officials list with their meet entries **SAFETY GUIDELINES AND WARM-UP PROCEDURES:** See attached Safety Guidelines and Warm-up Procedures.

SEEDING:

The meet will be a pre-seeded meet. There will be no “on-deck” entries per NWAL rules.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y) or short course meters (S). Do not convert meter (yard) times to yard (meter) times. Entry times should not be converted by the entrant – they will be converted to the proper course by the host team using the default conversions in Hy-Tek.) 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).

Qualifying Times:

The *2009 SUMMER QUEST* 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.

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 three relay teams in each relay event. Any relay team is eligible to score points for the team score.

Meet Entry Chairman:

Rosa Pollard; rosa@lonestarswimteam.org

Entries:

All teams MUST submit their entries via e-mail 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, **Entries will be limited to 650 Total swimmers.** The team that comprises the 650th swimmer will be allowed to fully enter the meet after which no teams shall be permitted to enter. Teams with ten (10) or more swimmers and who do not submit their entries on diskette must remit a \$25 surcharge.



NORTHWEST AQUATICS LEAGUE
2009 SUMMER QUEST
HOSTED BY
Lone Star Swim Team
Two Day Timed Finals Meet
June 8 - 9, 2009



Deadline: Entries will be accepted on a first come first serve basis on Sunday, May 31, 2009 from 12:00 PM to 5:00 PM VIA EMAIL. Checks must be received by Wednesday June 3th, 2009 at 5PM. Send checks to the Meet Entry Chairman to:

LSST
Meet Entry Chairman
9597 Jones Rd, PMB 197
Houston, TX 77065

For any team where the checks are not received by Wednesday, the team will be dropped from the meet. LSST will make every effort to contact the team representative before dropping the entries from the meet.

If registration has not closed (reached 650 swimmers), there will be an additional day for registration on Monday, June 1. The place and time will be posted on the Lone Star Website (www.lonestarswimteam.org).

Eligible Teams: All NWAL teams.

Fees: \$4.00 per Individual Event and \$8.00 for each Relay event. Make checks payable to **Lone Star Swim Team (or LSST)**. Entry fees must accompany entries.

AWARDS:

Individual events:

Ribbons for individual 1st – 8th place. Relay events: Medals for 1st – 3rd place. Awards will be given to the boys and girls in each age group earning the 1st - 3rd highest points (6&U, 7, 8, 9, 10, 11, 12, 13-14, 15-18).

Team Awards:

Trophies will be awarded to the top three teams in each size division. Teams will be divided into groups based on size after entries have been turned in. Team groups will be posted on the Lone Star web site at least three days before the meet at www.lonestarswimteam.org.

SCORING:

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

RULES AND SANCTIONS:

The 2009 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.** Once swimmers have qualified in three individual events they are eligible to enter as many individual events as they like. Teams may enter as many as 3 relays and all relays are eligible to score points. There will be two Co-Ed Progressive Relays. The order for Event No. 55 is as follows: 25 yd Backstroke (8U girl); 25 yd Freestyle (9-10 boy); 50 yd



NORTHWEST AQUATICS LEAGUE
2009 SUMMER QUEST
HOSTED BY
Lone Star Swim Team
Two Day Timed Finals Meet
June 8 - 9, 2009



Butterfly (11-12 girl); 50 yd Breaststroke (13-14 boy); and 50 yd Freestyle (15-18 girl). The order for Event No. 56 is as follows: 25 yd Backstroke (8U boy); 25 yd Freestyle (9-10 girl); 50 yd Butterfly (11-12 boy); 50 yd Breaststroke (13-14 girl); and 50 yd Freestyle (15-18 boy). All participants must be registered 2009 NWAL swimmers. All participants must have competed in at least one NWAL meet during the 2009 NWAL season. Eligibility for an age group is determined by the individual's age as of the end of May 31, 2009 per NWAL rules.

TIMING SYSTEM:

A Colorado Model 5000 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 Lone Star website (www.lonestarswimteam.org) prior to the meet.

POOL DECK RESTRICTION:

Because of Insurance Safety Regulations, the swimming pool deck, during the operation of the *Summer Quest* 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. Coaches and Officials may receive complimentary Heat Sheets and admission to the Hospitality Room.

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 one week 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, officials and meet personnel.

MERCHANDISE:

Lone Star Swim Team will be selling apparel and swim gear with the logo of the *Summer Quest* meet.

MEET RESULTS:

Meet results will be posted on the Lone Star Swim Team Web Page (www.lonestarswimteam.org) as well at the NWAL Web Page (<http://www.nwal.org/>) within two days after the conclusion of the meet.



NORTHWEST AQUATICS LEAGUE
2009 SUMMER QUEST
HOSTED BY
Lone Star Swim Team
Two Day Timed Finals Meet
June 8 - 9, 2009



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



NORTHWEST AQUATICS LEAGUE
2009 SUMMER QUEST
HOSTED BY
Lone Star Swim Team
Two Day Timed Finals Meet
June 8 - 9, 2009



ENTRY VERIFICATION
APPENDIX E

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with NWAL.

Signature

Title

Date



NORTHWEST AQUATICS LEAGUE
2009 SUMMER QUEST
HOSTED BY
Lone Star Swim Team
Two Day Timed Finals Meet
 June 8 - 9, 2009



TEAM ENTRY FORM
Must be submitted with MEET ENTRY

TEAM NAME: _____

ABBREVIATION: _____

TEAM CONTACT: _____

PHONE: _____

EMAIL: _____

Number of Individual Events: _____ x\$4.00 = _____

Number of Relay Events: _____ x\$8.00= _____

Total Amount Due \$ _____

Entry Fees Must Be Submitted by Entry Deadline
Make Check Payable to LONE STAR SWIM TEAM

LSST USE:

Payment Received: Check, No. _____

Cash

Entry List Checked Yes No

Approved by: _____

Date: _____

Time: _____



NORTHWEST AQUATICS LEAGUE
2009 SUMMER QUEST
HOSTED BY
Lone Star Swim Team
Two Day Timed Finals Meet
 June 8 - 9, 2009



Team:		Coach/Rep:						Phone #:						Total events
Swimmer Name	Sex	Age	EV#	TIME	EV#	TIME	EV#	TIME	EV#	TIME	EV#	TIME	EV#	
1.														
2.														
3.														
4.														
5.														
6.														
7.														
8.														
9.														
10.														
11.														
12.														
13.														
14.														
15.														
16.														
20.														
21.														
22.														
23.														
24.														

TEAMS ENTERING TEN (10) OR MORE SWIMMERS AND NOT USING HY-TEK PROGRAMS WILL HAVE TO PAY A \$25.00 SURCHARGE TO **LONE STAR SWIM TEAM (LSST)** PRIOR TO SWIMMERS BEING LISTED IN THE HEAT SHEET.

NORTHWEST AQUATICS LEAGUE

2009 SUMMER QUEST

HOSTED BY

Lone Star Swim Team

Two Day Timed Finals Meet

June 8 - 9, 2009



Boys Event #	Boys Qualifying Time YDS	Boys Qualifying Time MTRS	Event	Girls Qualifying Time YDS	Girls Qualifying Time MTRS	Girls Event #
1	NT	NT	15-18 100 Freestyle	NT	NT	2
3	NT	NT	8 & U 100 Medley Relay	NT	NT	4
5	NT	NT	9-10 100 Medley Relay	NT	NT	6
7	NT	NT	11-12 200 Medley Relay	NT	NT	8
9	NT	NT	13-14 200 Medley Relay	NT	NT	10
11	NT	NT	15-18 200 Medley Relay	NT	NT	12
13	36.39 32.46	40.39 36.03	6 & U 25 Breast* 7-8 25 Breast*	36.39 32.46	40.39 36.03	14
15	26.59	29.51	9-10 25 Breast	26.29	29.18	16
17	51.48	57.14	11-12 50 Breast	50.48	56.03	18
19	NT	NT	13-14 50 Breast	NT	NT	20
21	NT	NT	15-18 50 Breast	NT	NT	22
23	1:56.07 1:49.07	2:08.87 2:01.10	8 & U 100 IM** 9-10 100 IM**	1:56.07 1:49.97	2:08.87 2:01.10	24
25	1:40.35	1:50.33	11-12 100 IM	1:39.35	1:50.33	26
27	NT	NT	13-14 100 IM	NT	NT	28
29	NT	NT	15-18 100 IM	NT	NT	30
31	34.29 30.81	38.06 34.20	6 & U 25 Fly*** 7-8 25 Fly***	35.41 31.81	39.31 35.31	32
33	24.49	27.18	9-10 25 Fly	25.07	27.83	34
35	51.01	56.62	11-12 50 Fly	49.03	54.42	36
37	NT	NT	13-14 50 Fly	NT	NT	38
39	NT	NT	15-18 50 Fly	NT	NT	40

*There are separate qualifying times for 6U and 7-8 25 yard breast stroke. The event will be swam as one event - 8 & U Breast.

** There are separate qualifying times for 7-8 and 9-10 100 yard IM. The event will be swam as one event - 10 & U IM.

*** There are separate qualifying times for 6&U and 7-8 25 yard Fly. The event will be swam as one event - 8 & U Fly.

NORTHWEST AQUATICS LEAGUE

2009 SUMMER QUEST

HOSTED BY

Lone Star Swim Team

Two Day Timed Finals Meet

June 8 - 9, 2009



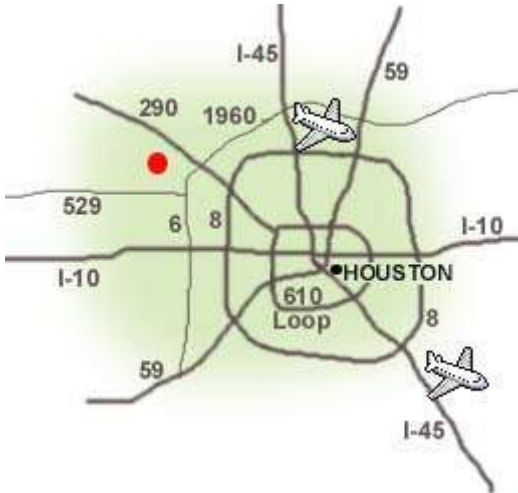
Boys Event #	Boys Qualifying Time YDS	Boys Qualifying Time MTRS	Event	Girls Qualifying Time YDS	Girls Qualifying Time MTRS	Girls Event #
41	NT	NT	14 & Under 100 Freestyle	NT	NT	42
43	NT	NT	6&U 100 Free Relay	NT	NT	44
45	NT	NT	7-8 100 Free Relay	NT	NT	46
47	NT	NT	9-10 100 Free Relay	NT	NT	48
49	NT	NT	11-12 200 Free Relay	NT	NT	50
51	NT	NT	13-14 200 Free Relay	NT	NT	52
53	NT	NT	15-18 200 Free Relay	NT	NT	54
55	NT	NT	Co-Ed 200 Progressive Medley Relay*	NT	NT	
	NT	NT	Co-Ed 200 Progressive Medley Relay**	NT	NT	56
57	35.29	39.17	6 & U 25 Free	35.32	39.21	58
59	25.05	27.81	7-8 25 Free	25.15	27.92	60
61	19.67	21.83	9-10 25 Free	19.87	22.06	62
63	38.44	42.67	11-12 50 Free	38.04	42.22	64
65	NT	NT	13-14 50 Free	NT	NT	66
67	NT	NT	15-18 50 Free	NT	NT	68
69	42.80	47.51	6 & U 25 Back	40.80	45.29	70
71	30.09	33.40	7-8 Back	30.09	33.40	72
73	26.99	29.96	9-10 25 Back	26.99	29.96	74
75	49.69	55.16	11-12 50 Back	48.69	54.05	76
77	NT	NT	13-14 50 Back	NT	NT	78
79	NT	NT	15-18 50 Back	NT	NT	80

*The order for Event No. 55 is as follows: 25 yd Backstroke (8U girl); 25 yd Freestyle (9-10 boy); 50 yd Butterfly (11-12 girl); 50 yd Breaststroke (13-14 boy); and 50 yd Freestyle (15-18 girl).

**The order for Event No. 56 is as follows: 25 yd Backstroke (8U boy); 25 yd Freestyle (9-10 girl); 50 yd Butterfly (11-12 boy); 50 yd Breaststroke (13-14 girl); and 50 yd Freestyle (15-18 boy).

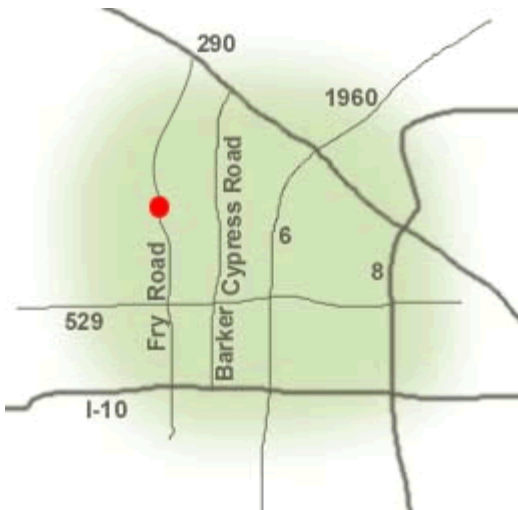
NORTHWEST AQUATICS LEAGUE
2009 SUMMER QUEST
HOSTED BY
Lone Star Swim Team
Two Day Timed Finals Meet
June 9-10, 2009

From Intercontinental Airport:



Take Beltway 8 (portions toll), going west for about 12 miles. Merge onto US-290, going west for about 7 miles. Exit Fry Road. Take a left on Fry Road.

From Hobby Airport:



Take I-45, going north for about 9 miles. Merge onto I-10, going west for 5 miles. Merge onto 610 Loop, going north for 1 mile. Merge onto US-290, going west for about 7 miles. Exit Fry Road.

NORTHWEST AQUATICS LEAGUE
2009 SUMMER QUEST
HOSTED BY
Lone Star Swim Team
Two Day Timed Finals Meet
June 9-10, 2009



[Lone Star Swim Team](#) [Heat Sheet Advertisement](#)

The Lone Star Swim Team is proud to be hosting the SUMMER QUEST INVITATIONAL NWAL SWIM MEET and is preparing their program and heat sheet. This is one of the largest summer swim meets this year! We would like to invite you or your business to place an advertisement. With an anticipated 600+ swimmers your advertisement will be seen by over 1,500 people from the northwest part of Houston.

[Business Advertisements](#)

- Local businesses are encouraged to advertise. Aquatic related businesses will find a captive audience for their message!

[Spirit Page for Swim Teams](#)

- NWAL Swim Teams are encouraged to place a team ad (Spirit Page) that coaches and swimmers can sign. You can include your team logo, team cheers and aquatic graphics! **HAVE FUN!**

[Support Your Swimmer with a Personal Ad](#)

- Parents, show your support by sponsoring an ad highlighting your swimmer or their relay. You can include words of encouragement and support, graphics, and your team logo. This is a great opportunity to have some good, clean fun and show your support for your children! [Please, avoid writing such things as: "Johnny; beat Billy!", etc..].

All ads are priced for Black and White, Camera-Ready Artwork.

Size	Dimensions	Price
Business Card	3.5 x 2 Inches	\$25.00
Quarter Page	4.25 x 5.5 Inches	\$50.00
Half Page	5.5 x 8.5 Inches	\$75.00
Full Page	8.5 x 11 Inches	\$125.00

The Lone Star Swim Team hopes you will consider supporting us and promoting your business, team and swimmers through this exciting advertising opportunity. For more details on the Summer Quest Swim Meet, visit our website at:

www.lonestarswimteam.org

Please mail payments to:

Lone Star Swim Team
Summer Quest Heat Sheet
9597 Jones Rd, PMB 197
Houston, TX 77065

Questions regarding ads should be directed to Michelle Smith at:

michelle@lonestarswimteam.org

NORTHWEST AQUATICS LEAGUE
2009 SUMMER QUEST
HOSTED BY
Lone Star Swim Team
Two Day Timed Finals Meet
 June 9-10, 2009

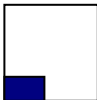
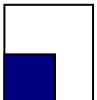


Lone Star Swim Team – Summer Quest Invitational
Heat Sheet Advertisement Order Form

(Lone Star Swim Team, a non-profit organization, reserves the right to reject any advertisement for any reason.)

Name of Customer:

Address:

Phone Number and E-Mail:

<p>_____ Business Card 3.5 x 2 inches/ \$25.00</p>		<p>_____ Quarter Page 4.25 x 5.5 inches/\$50.00</p>	
<p>_____ Half Page 5.5 x 8.5 inches/\$75.00</p>		<p>_____ Full Page 8.5 x 11 inches/\$125.00</p>	

Payment Amount \$ _____

Payment must accompany order. Make checks payable to “Lone Star Swim Team” or “LSST”.

Deadlines for Ads: Order form, payment and camera-ready copy must be received no later than Friday, May 29, 2009.

Advertisement Format:

All ads must be Black and White, Camera-Ready, and sized to one of the four dimensions listed above. Ads not conforming to these dimensions may be cropped at our discretion to fit the heat sheet layout.

Advertisements may be sent to Lone Star Swim Team under the following two formats:

1. Hard copy mailed. The ad will be scanned and added to the program and heat sheet.
2. Electronic formats e-mailed to jctopper@yahoo.com. Two file formats accepted: either .PDF or .JPG files at 200 dpi.