

# THE **RED, WHITE & BLUE** INVITATIONAL

## Hosted by Fleet Swimming – Cy Fair Swim Club

On Friday June 26, Saturday June 27 and Sunday June 28, 2009

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

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

### **Important Highlights:**

- Most events will be scored per individual age. See section on **Awards** on page 8
- Individual High Point Awards are awarded based on points scored for team regardless of which time division the points were scored in. See sections on **Awards** on page 8
- ALL No Times (NT) entries will be automatically DELETED from the meet. Check your entry export file and reports.
- Swimmers may enter all events they are qualified for
- Check the Fleet web site FREQUENTLY the week before the meet for LOTS of important information. [www.fleetswimming.com](http://www.fleetswimming.com)
- Late entries are allowed. See section on **Late Entries** on page 7
- Team Entry personnel need to be available the week before the meet for any questions that arise.
- Teams will have to supply timers for the meet based off their number of swimmers for each day. Check the Fleet and NWAL web sites for timing & warm up assignments

### **LOCATION:**

The meet will be held at the Cy-Ranch High School Natatorium at 10700 Fry Road, Cypress, Texas 77433. See map at end of invitation.

### **POOL:**

Eight (8) lane, indoor pool with non-turbulent lane lines. The Cy-Ranch High School Natatorium has elevated stands for spectator viewing. **All spectators are asked to stay in the 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 a gymnasium immediately adjacent to the pool building. It is indoors and air conditioned. No tents are needed or allowed indoors. 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. No throwing of balls, Frisbees or any other activities deemed unsafe by the meet referee will be allowed indoors.

**TIME AND DATE:**

Friday: June 26th, 2009

**14 & Under and 15-18 100 free and 13/14, 15/18 100 I.M.**

Warm Up 4:30 Meet Starts 6:30

Team Warm Ups schedule will be posted on Fleet Web Site Wed. June 25th

[www.fleetswimming.com](http://www.fleetswimming.com)

Saturday: June 27<sup>th</sup>, 2009

**All 10 & Under events**

Warm Up 7:00 Meet Starts 9:00

Team Warm Ups schedule will be posted on Fleet Web Site Wed. June 25th

[www.fleetswimming.com](http://www.fleetswimming.com)

Sunday: June 28<sup>th</sup>, 2009

**The remainder of the 11 and over events**

Warm Up 7:00 Meet Starts 9:00

Team Warm Ups schedule will be posted on Fleet Web Site Wed. June 25th

[www.fleetswimming.com](http://www.fleetswimming.com)

**WARM UPS:**

Warm Ups will be divided into four groups depending on the number of entries. Warm Ups will start at 4:30 P.M. on Friday and 7:00 AM .on Saturday and Sunday. Lane assignments for warm-ups will be designated in the heat sheet & posted on the Fleet and NWAL web sites. Teams that are closest to the Cy-Ranch HS Natatorium will most likely be assigned the earliest warm up. Please check the Fleet web site for information at [www.fleetswimming.com](http://www.fleetswimming.com).

**TIMING ASSIGNMENTS:**

Teams will be assigned Timing lanes for the entire Meet. It will be the responsibility of Teams to keep those stations filled.

**MEET REFEREE:**

Rick Tobin

Phone: 281-782-5772, email [tobinrc@comcast.net](mailto:tobinrc@comcast.net)

**MEET DIRECTORS:**

Nicole Rembach

Phone: 281-352-8434, email [nrembach@earthlink.net](mailto:nrembach@earthlink.net)

Dennis Mahoney

Phone: Work 281-544-6540, email [dennis.mahoney@shell.com](mailto:dennis.mahoney@shell.com)

Cell 713-294-4243

Scott Scofield

Phone: 281-702-0307, email [coachscofield@gmail.com](mailto:coachscofield@gmail.com)

**Safety Marshall:**

Thomas McNulty

Phone: 281-859-7141, email [tjmpwr@aol.com](mailto:tjmpwr@aol.com)

**OFFICIALS:**

Only those officials certified by NWAL for the current season will officiate at the meet. Officials who are interested in working an assigned position at the meet (Deck Referee or Starter) must notify the meet referee ([tobinrc@comcast.net](mailto:tobinrc@comcast.net)) in advance, preferably before Wednesday, June 24th. Any unassigned officials will have an opportunity to sign up at the meet to work as Stroke & Turn officials. An official's sign-in sheet will be posted each morning by the pool entrance. This sheet will be pulled down promptly at 5:30 p.m Friday and 8:00 a.m. Saturday and Sunday for making daily assignments. **There will be a meeting of all officials at 5:45 p.m. Friday and 8:15 a.m. Saturday and Sunday.**

**MEET FORMAT:**

This is a timed finals, NWAL sanctioned Invitational meet divided into two time standard divisions – The Red and the Blue. Swimmers must meet either the Red or the Blue qualification times in either yards or meters **BUT NOT EXCEED** the Blue cut off times (which will be The Ponderosa Entry Time). **Relay swimmers cannot exceed the Blue cut off time in the stroke they are swimming on a relay.** Each individual event will have both Red and Blue qualified swimmers swimming combined but separated for scoring and awards. Relays **will not** be separated into Red and Blue divisions and will be scored as one time standard division. **14 & Under and 15-18 swimmers in the 100 Free and 13/14 and 15/18 in the 100 IM will compete Friday evening, 10 & Under swimmers will compete on Saturday, and the remainder of the 11 & Over swimmers will compete on Sunday.**

**ENTRY INFORMATION:****Entry Deadline :**

Entries will be processed by email or hand delivery. Email entry deadline is 6:00 PM Monday June 22, 2009. We will start accepting emails Saturday June 20, 2009. **ALL EMAILS SHOULD INCLUDE CONTACT INFORMATION OF THE ENTRY PERSON WHO SHOULD BE AVAILABLE FOR TROUBLESHOOTING.** Entries should be sent to:

Nicole Rembach at [nrembach@earthlink.net](mailto:nrembach@earthlink.net)

**If you email your entries you must include as an attachment your Team Manager Individual Entry report, sort by age with proof of times as well as your Team Manger Entry Report for Relays showing all four swimmers.** These entry reports can be sent as Pdf or Word documents.

All Teams will be notified by email when their entries have been received and imported. Please check your email regularly to verify receipt. If you do not get a reply, assume that your email wasn't received. **You will also be notified by email of any entry problems found in your entry file.**

All Teams who email their entries must send their Hard Copies and Checks Overnight Express which must be received **BEFORE** 10:30 AM Tuesday June 23<sup>rd</sup> or the team will be removed from the Meet. **If you Overnight you MUST email entries prior to sending Overnight entries.** As per NWAL rules, the hard copy Team Manager Entry Reports are the official lists in case of discrepancies.

If you choose to Hand Deliver your entries you must deliver them to the Fleet Aquatic Center at 14654 Spring Cypress Road Cypress Tx 77429 between 9:00 AM and 6 PM Monday June 22<sup>nd</sup> .

**ENTRIES MUST BE SUBMITTED IN COURSE SWUM (QUALIFIED).** Meter qualifying times will be converted to yards by Meet Manager Database. All times must be Official times that are the swimmers best times, for both individual and relay events, and have been made at a sanctioned NWAL meet or sanctioned invitational during the 2009 NWAL season as stated in the NWAL rule book on page 9 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 times are allowed for individual or relay entries. **Entries submitted with NT (no time) will not be permitted and will be deleted from the meet.** The Team Manager software will be able to do the conversion if your home pool is a meter pool. The seed time for relays must be established by adding the fastest official times of the individual swimmers entered in the relay for the stroke they are swimming.

**DO NOT CONVERT THE SWIMMERS TIMES BY HAND AND ENTER THEM INTO THE CUSTOM TIME BOX.**

Teams should download the 2009 RWB Time Standard file and the Meet Event Set Up File that will be posted at [www.fleetswimming.com](http://www.fleetswimming.com) and NWAL web site at [www.nwal.org](http://www.nwal.org)

When the RWB 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 Meet Event Set Up File is imported into Team Manager, teams will be able to run Eligibility Reports and the meet will be set up for entry personnel to complete their entries for the meet.

**PLEASE NOTE:** Teams are asked to check the Athlete Roster that will be posted on the Fleet web site no later than Tuesday evening June 23<sup>th</sup>. This list will be sorted by team and will list each entered athlete alphabetically along with the number of events they are entered in. **THIS IS EVERYONE'S (Parents, Coaches, Swimmers, Team Reps) OPPORTUNITY TO MAKE SURE THAT SWIMMERS ARE ENTERED INTO THE MEET. If a swimmer was left off of a team's entries, late entries are allowed - see the section on LATE ENTRIES on page 7.**

**SEEDING:**

The meet will be a pre-seeded meet. All heat and lane assignments will be made prior to the meet. There will be no reseeding at the ready bench. The heat and lane assignments will be shown in the Meet Program that is for sale. Coaches must turn in any relay changes for the 6 & under Freestyle and Medley relays by 8:15 a.m. and for the Freestyle relays by 10:00 a.m.

**AGE:**

As of May 31, 2009. A swimmer may age up throughout the meet as per NWAL rules.

**NUMBER OF EVENTS:**

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

**QUALIFICATIONS:**

All swimmers must meet at least the Red qualification times. Swimmers whose time meets the Red qualification times but not the Blue qualification time will be competing against other swimmers in Red Division for points and awards. Swimmers whose time meets the Blue qualification time but is not faster than the Blue cut off time (Ponderosa Qualifying Time) will be competing against other swimmers in Blue Division for points and awards. No swimmers may enter an event in which they have a Ponderosa time nor may they swim that stroke on a relay.

**Relays must be entered with the swimmers actually swimming in the relay. The seed time for relays must be established by adding the fastest official times of the swimmers in the stroke they are swimming on the relay. Relays that have swimmers swimming strokes in which they have a Ponderosa time will be disqualified and will forfeit their awards.**

**CUT OFF TIMES:**

Individual cut off times for the Blue time division are the Ponderosa qualifying times. Swimmers entering the meet with a Ponderosa qualifying time in individual event will be deleted from that event and no refund will be made. Red cut off times are the Blue qualification times. Swimmers will be entered in the Red or Blue division depending on the time they enter the meet with.

**NO TIMES:**

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

**FEES:**

Four dollars (\$4.00) per each Individual Entry and eight dollars (\$8.00) per each Relay Entry. **Make checks payable to CFSC.** Entry fees **must** accompany entries. **No refunds will be issued for events that are entered but not swum.**

**ENTRIES:**

Teams are asked to have their **regular entry personnel** do the entries for this meet **AND to have them available for questions regarding entries.** All teams should submit their entries via email using Hy-Tek Team Manager Software. This is the same export file that all teams use to export entries for their Dual and Divisional meets. If Teams “Hand Deliver” Entries to Fleet Aquatic Center a CD, flash drive or zip drive should be presented to import entries. **A Meet Entry Report created from the team’s Team Manager Software is required to be “Overnight Expressed” or hand delivered to Fleet Aquatic Center. This report should be Sorted By AGE and the “Include Proof of Time” option should be checked and used. A Team Manager Entry Report for Relays, showing all four (4) swimmers is also required.** Teams must use times from 2009 sanctioned Dual, Divisional or Invitational meets. The Hard Copy Entry Report is the official entry list. Any entries that are on the Entry List but are not on the flash drive or email will be deleted from the meet.

Teams should download and import the Meet Event Set Up .HYV file that is posted on the Fleet and NWAL web sites. After it is imported, **make sure that the “Use Times Since Date” box is checked and that you use a date that is after your time trial meet but before your first Dual meet.** Entry personnel will see the 2009 Red, White and Blue Invitational on the Meets page of their Team Manager. Swimmers can be entered into the meet before the Divisional meet and their times will be automatically updated after the results from the Divisional meet are imported into the team’s Team Manager software.

**For questions about any entry related matter please contact Nicole Rembach at [nrembach@earthlink.net](mailto:nrembach@earthlink.net) or 281-352-8434.**

**\*\*Teams must also fill out the Team Summary Sheet attached to this invitation and turn it in with their entry hard copy.**

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

1. Individual Meet Entry report, **Sorted by AGE and Including Proof of Times, using only times from sanctioned meets THIS season (check the “Use Times Since Date” in meet set up and make sure it is after your time trial meet).**
2. Relay Entry Report with all names shown.
3. Team Manager Entry export on email or Flash drive or CD
4. Team Summary sheet filled out completely
5. Payment – checks are made out to CFSC

**LATE ENTRIES:**

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

1. Entries must be submitted to the Clerk Of Course by 5:45 p.m. Friday and by 8:15 a.m. Saturday and Sunday.
2. Proof of qualifying time will be required. Either 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 sometimes the 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.**

**PROTEST OF TIMES:**

It will be the responsibility of the person who is protesting a swimmer's eligibility to swim an event to prove that the swimmer is ineligible by having exceeded the cut off time in a sanctioned 2009 NWAL swim meet. Any swimmer who is entered in the meet with a falsified time, or who is in violation of any of the NWAL eligibility rules will be disqualified from all events, will forfeit all individual and team points earned and will be required to return any awards received. All Meet Entry Reports with the "Include Proof of Times?" option checked will be kept on site at the meet.

**MEET RESULTS:**

Daily results will be posted after each day is completed on the Fleet web site at [www.fleetswimming.com](http://www.fleetswimming.com). 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 Fleet Web site at the end of the meet at [www.fleetswimming.com](http://www.fleetswimming.com) and also on NWAL web site [www.nwal.org](http://www.nwal.org) .

**AWARDS:**

**\*\*THERE WILL BE A TOTAL OF 24 AWARDS GIVEN OUT PER EVENT.\*\***

**Individual Awards:** Blue time standard division - Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 12<sup>th</sup> place,  
Red time standard division – Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 12<sup>th</sup> place.

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

- 6 & Under events** – awards for 6 & Unders only,
- 8 & Under events** – awards for 8 yr olds and 7 & Unders,
- 10 & Under events** – awards for 10 yr olds and 9 & Unders
- 14 & Under events** – awards for 14, 13, 12 yr olds and 11 & Unders
- 7-8 events** – awards for 7yr olds and 8yr olds
- 9-10 events** – awards for 9yr olds and 10 yr olds
- 11-12 events** – awards for 11yr olds and 12 yr olds
- 13-14 events** – awards for 13 yr olds and 14yr olds
- 15-18 events** – awards for 15/16 and 17/18 yr olds

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

**Relay Awards:** Medals 1<sup>st</sup> place, Ribbons 2<sup>nd</sup> – 12<sup>th</sup> place.

**Age Group High Point:** High Point awards for boys and girls will be awarded by age for the following:

6&unders, 7, 8, 9, 10, 11, 12, 13, 14, 15/16 and 17/18.

This will be based on scoring in individual events only (no relays points used). Ties will be broken. In the event of a tie, the tie-breaker will be the swimmer with the most 1<sup>st</sup> place finishes. If that is a tie, then the number of 2<sup>nd</sup> place finishes will be used, and so on until the tie is broken. **THIS IS A HIGH POINT AWARD. SCORING IS NOT SEPARATED INTO BLUE AND RED DIVISIONS. THE WINNERS ARE THE SWIMMERS WHO SCORE THE MOST POINTS FOR THEIR TEAM REGARDLESS OF WHAT DIVISION THEY MADE THE POINTS IN.**

**Team Trophies:** Trophies will be awarded to the top three teams in each Team Size Division (A,B or C). Teams will be divided into groups based on size after entries have been turned in. Team groups will be posted on the Fleet web site at least three days before the meet at [www.fleetswimming.com](http://www.fleetswimming.com).

**Awards should be picked up as soon as they are ready AFTER the results for that event are posted. Team trophies and high point awards will be presented as soon as the results are tabulated after the meet is completed on Sunday. Please be prepared to pick up your team trophy at that time. Awards not picked up at the meet will be available for pick up at the Fleet office. IF TEAMS DO NOT COME BY FRIDAY JULY 3<sup>RD</sup> TO PICK UP AWARDS LEFT AT THE MEET, FLEET WILL NOT RESPONSIBLE FOR THEIR CONDITION.**

**SCORING:**

Individual Events: 16-13-12-11-10-9-7-5-4-3-2-1 **in both Blue and Red Divisions**

Relay Events: 32-26-24-22-20-18-14-10-8-6-4-2

**RULES AND SANCTIONS:**

This is a NWAL sanctioned meet and **all regular 2009 NWAL rules will be observed**. All swimmers must be in good standing with NWAL. Swimmers may only compete in one age group for the entire meet as per NWAL rules. All times must be official best times that were made by the swimmer this 2009 NWAL season at either a Dual, Approved Inter squad, Divisional, or Invitational meet as stated in the NWAL rule book. **NO TIME TRIAL TIMES ARE ALLOWED.**

**READY BENCH:**

This meet is Pre-Seeded which means all heat and lane assignments will be made prior to the meet. Teams, swimmers and parents are asked to pay attention to the meet, the announcers and the event flip charts in order to get the swimmers to the Ready Bench area when their event is being called. The Ready Bench area is off limits to parents, coaches and spectators as per NWAL rules page 13, section 1.11. The only exception to this is the required 10 & Un relay volunteer mentioned below. Ready Bench and On Deck personnel will assist the swimmers in the ready area and at the blocks. **IT IS THE SWIMMERS' RESPONSIBILITY TO BE AT THE READY BENCH AREA ON TIME.** Swimmers in the first event each day (Boys 14 & Under 100 Free on Friday, Boys 10&U 100 IM on Saturday and Boys 11-12 50 Free on Sunday) should report to the Ready Bench at 6:15 p.m. Friday and 8:45 a.m. Saturday and Sunday. For 10&U Relay events ONLY, each team MUST supply a parent volunteer to help organize and shepherd each relay team. Teams may have one volunteer per age group/gender. When the volunteer's help is no longer needed at the Ready Bench they will be asked to clear the area.

**TIMING SYSTEM:**

An electronic timing system 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 for the teams will be published in the heat sheet and on the Fleet Web Site at [www.fleetswimming.com](http://www.fleetswimming.com).

**POOL DECK RESTRICTION:**

Because of Insurance and Safety Regulations, the roped off portion of the swimming pool deck and ready bench areas, both inside and outside the pool, is closed to all persons except swimmers, marshals, officials, meet personnel, and timers as per NWAL rules. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

**FOOD:**

A full Concession will be available during the meet including grilled and breakfast items.

**T-SHIRTS AND RETAIL ITEMS:**

The 2009 Red, White & Blue Meet t-shirt, Meet Programs, caps and goggles and other items will be for sale in our retail area.

**PARKING:**

There is plenty of parking in the parking lots around the pool building.

**COACHES PACKETS:**

Packets for each team entered in the meet will be made for the coaches and will be available for pick up at the Clerk of Course. These will include their daily meet program, preprinted relay cards for any relays that they have entered and any other pertinent information. **The relay cards will need to be turned in either with no changes or with any swimmer and time adjustments by 8:15 a.m. for the 6 & Under Freestyle and Medley relays and by 10:00 a.m. for the other Freestyle relays.** If any swimmer changes are made on the relays, it is the coach's responsibility to make sure that the adjusted relays do not include any swimmers swimming a stroke in which they have a Ponderosa time. **All swimmers must be shown in the order in which they will swim on the relay.**

## SAFETY GUIDELINES AND WARM-UP PROCEDURES

**A.** General warm-up (Initial portion of the warm-up session or at the discretion 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 of the warm-up session or at the discretion 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.** 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.

**B.** Safety Marshals

1. Appointed Safety Marshals have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**

**C.** Miscellaneous

1. Swimmers should be reminded by coaches that breaststrokes 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 at any time during the meet.
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**.
7. During warm-up, unattached and unattended swimmers must report to the Meet Director or the Safety Marshal for assignment to a coach before entering the pool.

**D.** Pool Rules

1. Smoking or use of other tobacco products is not allowed on any of the public areas (pool, walkways, hallways, commons area, bathrooms, etc.) of NWAL Swimming meets.
2. Glass containers are prohibited.
3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.

**TEAM SUMMARY SHEET**

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

TEAM NAME: \_\_\_\_\_

TEAM ABBREVIATION: \_\_\_\_\_

TEAM POOL ADDRESS:

Street: \_\_\_\_\_

City & Zip \_\_\_\_\_

TEAM REPRESENTATIVE & PHONE #:

\_\_\_\_\_

TEAM ENTRY PERSON & PHONE #:

\_\_\_\_\_

: \_\_\_\_\_

OFFICIALS AVAILABLE FROM TEAM & PHONE #s:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

NUMBER OF INDIVIDUAL ENTRIES: \_\_\_\_\_ X \$4.50 = \_\_\_\_\_

NUMBER OF RELAY ENTRIES: \_\_\_\_\_ X \$9.00 = \_\_\_\_\_

ENTRY FEE AMOUNT: \_\_\_\_\_

**CFSC USE:**

Payment Received: \_\_\_\_\_ Check # or Cash \_\_\_\_\_

Initial: \_\_\_\_\_

Entry List Checked: \_\_\_\_\_

Initial: \_\_\_\_\_

**2009 Red, White and Blue hosted by the Fleet - June 26th to June 28th at Cy Ranch HS 10700 Fry Rd  
Presented by Speedo  
Time Standards Report YARDS**

CUT OFF	BLUE QUAL	RED QUAL	BOY		GIRL		RED QUAL	BLUE QUAL	CUT OFF
			EVENT #		EVENT #				
<b>FRIDAY EVENING EVENTS</b>									
59.25	1:06.40	1:13.30	1	14&U 100 Free	2	1:17.20	1:11.63	1:04.25	
54.91	1:01.42	1:07.85	3	15-18 100 Free	4	1:15.50	1:09.60	1:03.00	
1:11.06	1:21.19	1:31.31	5	13-14 100 IM	6	1:32.00	1:23.50	1:14.00	
1:04.33	1:12.00	1:19.66	7	15-18 100 IM	8	1:30.06	1:21.36	1:12.68	
<b>SATURDAY EVENTS</b>									
1:29.29	1:39.99	1:49.80	9	10&U 100 IM	10	1:47.18	1:37.32	1:26.95	
			11	6&U 100 Free Relay	12				
			13	8&U 100 Medley Relay	14				
			15	9-10 100 Medley Relay	16				
22.80	26.21	29.67	17	6&U 25 Free	18	30.46	26.94	23.05	
17.15	19.61	21.31	19	7-8 25 Free	20	20.51	19.16	17.40	
15.08	16.53	17.58	21	9-10 25 Free	22	17.53	16.64	15.00	
24.03	27.12	30.41	23	8&U 25 Breast	24	29.66	26.82	24.05	
20.52	23.17	25.21	25	9-10 25 Breast	26	24.60	22.75	20.05	
28.25	32.13	36.29	27	6&U 25 Back	28	35.93	31.64	27.40	
22.00	25.11	27.54	29	7-8 25 Back	30	26.36	23.98	21.63	
19.30	21.30	23.20	31	9-10 25 Back	32	22.15	20.50	18.85	
21.41	24.63	27.65	33	8&U 25 Fly	34	26.48	23.49	20.50	
17.12	19.95	22.38	35	9-10 25 Fly	36	20.88	19.03	16.78	
			37	7-8 100 Free Relay	38				
			39	9-10 100 Free Relay	40				
<b>SUNDAY EVENTS</b>									
29.90	33.13	36.10	41	11-12 50 Free	42	34.95	32.70	29.85	
26.70	30.51	33.25	43	13-14 50 Free	44	34.15	31.45	28.65	
24.48	27.49	30.76	45	15-18 50 Free	46	34.00	31.19	28.22	
			47	11-12 200 Medley Relay	48				
			49	13-14 200 Medley Relay	50				
			51	15-18 200 Medley Relay	52				
1:20.09	1:29.37	1:39.00	53	11-12 100 IM	54	1:34.00	1:27.18	1:18.75	
33.25	37.57	41.85	55	15-18 50 Breast	56	46.89	41.70	37.70	
35.90	40.51	45.02	57	13-14 50 Breast	58	46.08	42.18	38.23	
40.12	44.95	49.27	59	11-12 50 Breast	60	47.75	43.98	39.75	
30.18	34.50	38.75	61	15-18 50 Back	62	42.96	38.24	33.52	
33.35	37.58	41.76	63	13-14 50 Back	64	42.70	38.60	34.28	
36.99	41.70	45.77	65	11-12 50 Back	66	43.54	40.00	36.10	
27.65	31.57	35.57	67	15-18 50 Fly	68	39.52	35.47	31.42	
30.61	34.44	38.26	69	13-14 50 Fly	70	40.55	36.53	32.28	
35.05	39.87	44.77	71	11-12 50 Fly	72	42.96	38.90	34.58	
			73	15-18 200 Free Relay	74				
			75	13-14 200 Free Relay	76				
			77	11-12 200 Free Relay	78				

**FOR INDIVIDUAL EVENTS ONLY SEE SCORING BELOW**

7/8, 9/10, 11/12, 13/14 and 15/18 events will be swum together but scored 11,12, 13,14, 15/16 & 17/18.

6 & Un events will be scored 6 & Un.

8 & Un events will be scored 7 & Un, 8

10 & Un events will be scored 9 & Un, 10

14 & Un events will be scored 11 & Un, 12, 13, 14

Each scoring age will receive 12 individual awards in Blue time division AND 12 individual awards in Red time division

**2009 Red, White and Blue hosted by the Fleet - June 26th to June 28th at Cy Ranch HS 10700 Fry Rd**

**Presented by Speedo**

**Time Standards Report METERS**

CUT OFF	BLUE QUAL	RED QUAL	BOY		GIRL		RED QUAL	BLUE QUAL	CUT OFF
			EVENT #		EVENT #				
<b>FRIDAY EVENING EVENTS</b>									
1:05.77	1:13.70	1:21.36	1	14&U 100 Free	2	1:25.69	1:19.51	1:11.32	
1:00.95	1:08.18	1:15.31	3	15-18 100 Free	4	1:23.81	1:17.26	1:09.93	
1:18.88	1:30.12	1:41.35	5	13-14 100 IM	6	1:42.12	1:32.69	1:22.14	
1:11.41	1:19.92	1:28.42	7	15-18 100 IM	8	1:39.97	1:30.31	1:20.67	
<b>SATURDAY EVENTS</b>									
1:39.11	1:50.99	2:01.88	9	10&U 100 IM	10	1:58.97	1:48.03	1:36.51	
			11	6&U 100 Free Relay	12				
			13	8&U 100 Medley Relay	14				
			15	9-10 100 Medley Relay	16				
25.31	29.09	32.93	17	6&U 25 Free	18	33.81	29.90	25.59	
19.04	21.77	23.65	19	7-8 25 Free	20	22.77	21.27	19.31	
16.74	18.35	19.51	21	9-10 25 Free	22	19.46	18.47	16.65	
26.67	30.10	33.76	23	8&U 25 Breast	24	32.92	29.77	26.70	
22.78	25.66	27.98	25	9-10 25 Breast	26	27.31	25.25	22.26	
31.36	35.66	40.28	27	6&U 25 Back	28	39.88	35.12	30.41	
24.42	27.87	30.57	29	7-8 25 Back	30	29.26	26.62	24.01	
21.42	23.64	25.75	31	9-10 25 Back	32	24.59	22.76	20.92	
23.77	27.34	30.69	33	8&U 25 Fly	34	29.39	26.07	22.76	
19.00	22.14	24.84	35	9-10 25 Fly	36	23.18	21.12	18.63	
			37	7-8 100 Free Relay	38				
			39	9-10 100 Free Relay	40				
<b>SUNDAY EVENTS</b>									
33.19	36.77	40.07	41	11-12 50 Free	42	38.79	36.30	33.13	
29.64	33.42	36.91	43	13-14 50 Free	44	37.91	34.91	31.80	
27.17	30.51	34.14	45	15-18 50 Free	46	37.74	34.62	31.32	
			47	11-12 200 Medley Relay	48				
			49	13-14 200 Medley Relay	50				
			51	15-18 200 Medley Relay	52				
1:28.90	1:39.20	1:49.89	53	11-12 100 IM	54	1:44.34	1:36.77	1:27.41	
36.91	41.70	46.45	55	15-18 50 Breast	56	52.05	46.29	41.85	
39.85	44.97	49.97	57	13-14 50 Breast	58	51.15	46.82	42.44	
44.53	49.89	54.69	59	11-12 50 Breast	60	53.00	48.82	44.12	
33.50	38.30	43.01	61	15-18 50 Back	62	47.69	42.45	37.21	
37.02	41.71	46.35	63	13-14 50 Back	64	47.40	42.85	38.05	
41.06	46.29	50.80	65	11-12 50 Back	66	48.33	44.40	40.07	
30.69	35.04	39.48	67	15-18 50 Fly	68	43.87	39.37	34.88	
33.98	38.23	42.47	69	13-14 50 Fly	70	45.01	40.55	35.83	
38.91	44.26	49.69	71	11-12 50 Fly	72	47.69	43.18	38.38	
			73	15-18 200 Free Relay	74				
			75	13-14 200 Free Relay	76				
			77	11-12 200 Free Relay	78				

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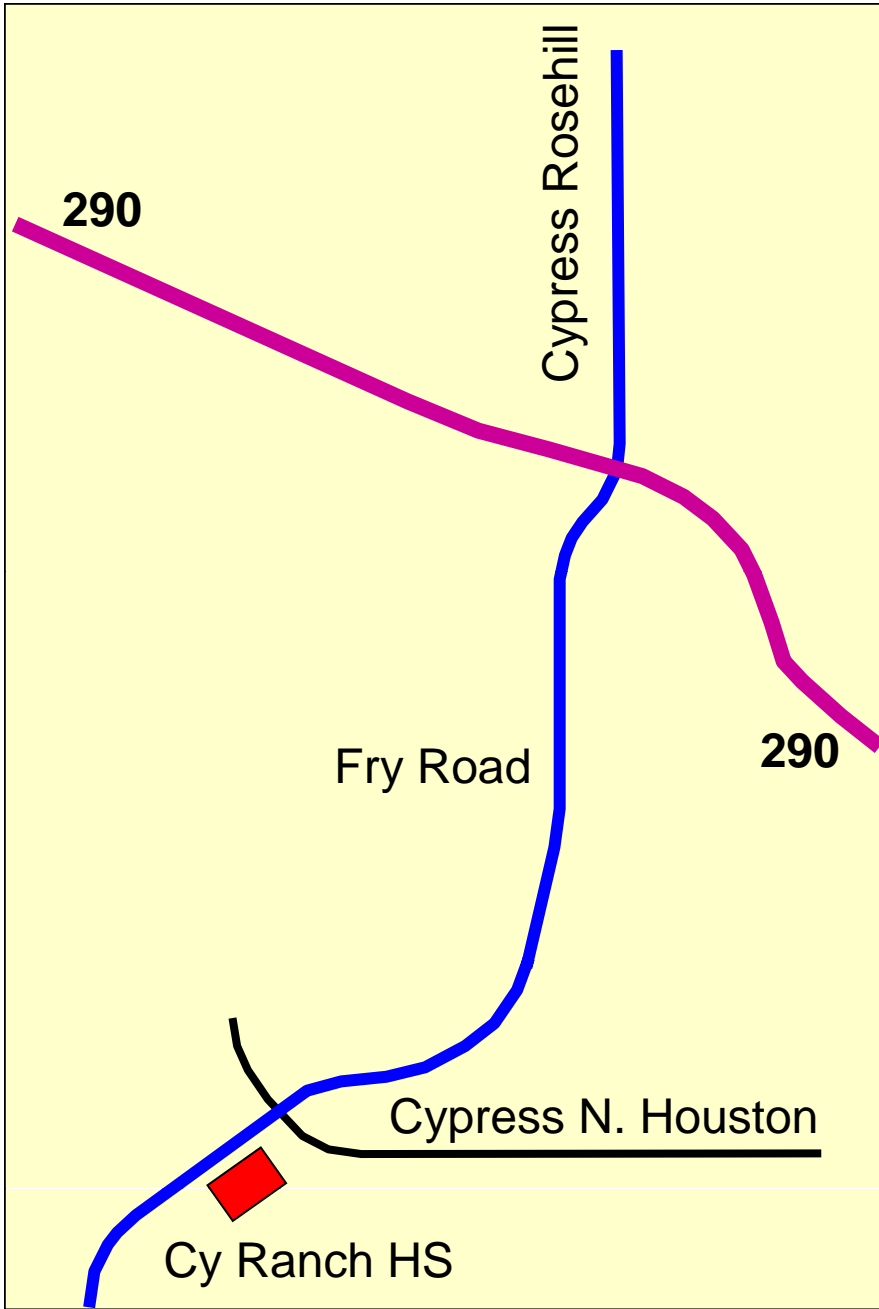
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Cy Ranch HS Natatorium  
10700 Fry Rd  
Cypress, TX 77433