

GABRIELLE ROSE INVITATIONAL
HOSTED BY: MEMPHIS TIGER SWIMMING
JANUARY 15-17, 2010

Location: University of Memphis
Student Recreation & Fitness Center
620 Echles
Memphis, TN 38152

Sanction: Southeastern Swimming, Inc. # 10SETSC1-16

Eligibility: Open to all current USA Swimming registered swimmers. Registration ID numbers must be listed on the entry form. No entries will be accepted without current registration numbers.

Entries will be accepted beginning on **Tuesday, December 15, 2009** and will continue to be accepted until the meet is full or **Tuesday, January 5, 2010** whichever comes first. E-mailed entries are preferred. Please include summary totals in the body of your e-mail.

Limited to 600 swimmers. If a team puts the number of participants over 600, the entire team will be accepted. Entries will be accepted in the order they are received.

10 & Under events are timed finals. 10 & Under swimmers may enter 5 individual events per day. All other age groups are prelim/finals and swimmers may enter 3 individual events per day.

Rules: Current USA Swimming rules will govern the meet. Southeastern Swimming Meet Safety Guidelines and Warm-up procedures will be in effect.

Awards: **Individual and Relay:** Individual ribbons for 1st-10th
Relay ribbons for 1st-3rd

Individual High Point: High point and runner up awards in each age group
Team High Point: 1st - 3rd place teams

Scoring: **Individual Events:** 11-9-8-7-6-5-4-3-2-1
Relay Events: 22-18-16-14-12

Meet Format: All events will be conducted in short course yards. 8-10 lanes will be used, depending on the number of entries. Finals will swim in 10 lanes.

Preliminaries and finals will swim in all events and age groups **EXCEPT** for 10 & Under Events, Friday evening events, the 1650 free, and all relays, which are timed finals.

Positive check in and relay cards must be completed and turned into the office by 9:00am for Saturday's events and 6:45am for Sunday's events. Relay cards must have each swimmer's first and last name and be presented in the order in which the swimmers are to swim in the relay.

All events will be pre-seeded **EXCEPT** the 1650 Free and Relays. The 1650 Free and Relays will require positive check on the day of the event.

Failure to swim a deck seeded event after positive check in will result in the swimmer's disqualification for the next individual event. Swimmers who fail to scratch, and do not show up at the blocks for consolations or finals will be barred from the remainder of the meet.

Depending on the time line, the 11-12 and Open 500 Free may be limited to the fastest 24-30 men and women. The 1650 Free may be limited to the fastest 32-40 men and women. All heats of the 1650 Free will swim as timed finals, fastest to slowest.

All 10 & Under events and relays are timed final events and will swim during preliminaries. 13-14 and Senior events will swim a consolation and a championship heat in finals. The Meet Planning Committee reserves the right to reconfigure competition pools as necessary based on entries received.

Time trials will be available at the discretion of the Meet Referee. Time trials will be held after each morning's preliminaries. Fee for time trials shall be \$5.00 per individual event and \$12 per relay. Time trials will count in a swimmer's number of events for that day.

Scratches: Swimmers will report directly to the blocks when their event is called. Swimmers not reporting to the blocks during preliminaries will be scratched from that event only. Swimmers have 30 minutes after each preliminary result is posted in order to scratch from Finals. Swimmers who fail to scratch, and do not show up at the blocks for consolations or finals will be barred from the remainder of the meet.

Facilities: Two 8 or 10 lane, 25-yard courses, pool depth 4.5-6 feet, using the Colorado 5000 Timing system. Warm down lanes will be available. Only swimmers, coaches, officials and volunteers will be allowed on deck. Credentials will be required of volunteers to be on the pool deck and may be obtained in the swim office. All spectators are asked to sit in the balcony. No coolers, chairs, or cots will be permitted on deck. Seating will be available in the gym and aerobic studio for swimmers and their families.

Amenities: Hospitality services will be provided for coaches and officials. A first aid station, concessions, swim shop vendor, and t-shirts vendor will be available.

Entries: A fully and correctly completed entry includes waiver and fees. No exceptions. In order for an entry to be accepted, it must be legible and complete. Properly completed entry forms include:

- First and last names of each swimmer
- Age
- USA Swimming registration number
- Yard times for each swimmer in each individual event
- Relay times should be listed for each relay to be entered

10 & Under events are timed finals and 10 & Under swimmers may enter 5 individual events per day. All other age groups are prelim/finals and swimmers may enter 3 individual events per day.

Limited to 600 swimmers. If a team puts the number of participants over 600, the entire team will be accepted. Entries will be accepted in the order they are received.

Entries should be sent in via Hy-Tek Meet/Team Manager. E-mailed Hy-Tek entries are preferred. Please include summary totals in the body of your e-mail. Please provide a hard copy for verification.

Fees: Individual events: \$4.00
Relays: \$10.00
SES Surcharge: \$3.00 for SES Registered Swimmers
\$5.00 for outside of SES

Late Fees: Individual events: \$5.00 Relays: \$12.00
Surcharge \$3.00 SES or \$5.00 for outside of SES.

Mail: Send entries to: Carla Mabie 4792 Cole Rd Memphis, TN 38117
Phone: 901-734-9076
Email: MTSMeetEntries@yahoo.com

PLEASE WAIVE SIGNATURE REQUIREMENTS FOR ALL DELIVERIES

Make checks payable to Memphis Tiger Swimming, Inc.

Deadline: Entries will be accepted beginning on **Tuesday, December 15, 2009** and will continue to be accepted until the meet is full or **Tuesday, January 5, 2010** whichever comes first. E-mailed entries are preferred. Please include summary totals in the body of your e-mail.

Deck Entries: Will be accepted for available lanes until 5:15 PM on Friday and 7:45 AM Saturday. Deck entries of swimmers previously not entered in the meet **MUST** show proof of USA Swimming membership.

Results: Results will be e-mailed at the end of the meet. They will also be posted at www.memphistigerswimming.com.

Times: Friday: Timed finals. Warm-ups at 5:00 PM. Meet starts at 6:00 PM.
Sat. & Sun: Prelim warm-ups at 6:30 AM & 7:15 AM. Meet starts at 8:00 AM.
Sat. Finals: Warm-ups at 4:00 PM. Meet Starts at 5:00 PM.
Sun. Finals: Warm-ups at 4:00 PM. Meet Starts at 5:00 PM.

Officials: Meet Directors: Carla Mabie 901 763-1709 cj_maybe@hotmail.com
Katie Sentilles 901 726-0086 sentilles@comcast.net
Meet Referee: Chris Brown 901 737-3347 CDBrown@firsthorizon.com

Evaluation: Following the meet, you are encouraged to send a meet evaluation to Southeastern Swimming Chairman, John Woods, 205 Island Ave, Chattanooga, TN 37405

**GABRIELLE ROSE INVITATIONAL
JANUARY 15-17, 2010**

Friday, January 15, 2010

Warm-up 5:00 PM. Meet Starts 6:00 PM.

All Friday evening events are timed finals.

Women		Men
1	11-12 200 IM	2
3	Open 400 IM # \$	4
5	10 & U 200 Free	6
7	11-12 500 Free \$	8
9	Open 500 Free # \$	10

Will be scored 13-14 and Open

\$ Swum fastest to slowest

Preliminaries, Saturday, January 16, 2010

Warm-up 6:30 AM. Meet starts 8:00 AM

Women swim at the west end of the pool. Men swim at the east end of the pool.

All relays (swim during prelims) and the 1650 free are timed finals.

11	10 & U 100 Breast	12
13	11-12 100 Breast	14
15	13-14 200 Breast	16
17	Open 200 Breast	18
19	10 & U 100 Free	20
21	11-12 100 Free	22
23	13-14 50 Free	24
25	Open 50 Free	26
27	10 & U 50 Back	28
29	11-12 50 Back	30
31	13-14 100 Back	32
33	Open 100 Back	34
35	10 & U 100 Fly	36
37	11-12 100 Fly	38
39	13-14 200 Fly	40
41	Open 200 Fly	42
43	10 & U 200 IM	44
43	11-12 200 Free	46
47	13-14 400 Medley Relay @	48
49	Senior 400 Medley Relay @	50
51	11-12 200 Medley Relay @	52
53	10 & U 200 Medley Relay @	54
55	Open 1650 Free # \$	

*Positive check in required before 9:00 AM

Will be scored 13-14 and Open

\$ Swum fastest to slowest

@ Relays will be deck seeded with positive check in and cards due in office by 9:00 AM

**GABRIELLE ROSE INVITATIONAL
JANUARY 15-17, 2010**

Preliminaries, Sunday, January 17, 2010

Warm-up 6:30 AM. Meet starts 8:00 AM

Women swim at the west end of the pool. Men swim at the east end of the pool.

All relays are timed finals during prelims.

Women		Men
57	10 & U 200 Free Relay @	58
59	11-12 200 Free Relay @	60
61	13-14 400 Free Relay @	62
63	Senior 400 Free Relay @	64
65	Open 200 IM	66
67	13-14 200 IM	68
69	11-12 100 IM	70
71	10 & U 100 IM	72
73	Open 100 Free	74
75	13-14 100 Free	76
77	11-12 50 Free	78
79	10 & U 50 Free	80
81	Open 200 Back	82
83	13-14 200 Back	84
85	11-12 100 Back	86
87	10 & U 100 Back	88
89	Open 100 Fly	90
91	13-14 100 Fly	92
93	11-12 50 Fly	94
95	10 & U 50 Fly	96
97	Open 100 Breast	98
99	13-14 100 Breast	100
101	11-12 50 Breast	102
103	10 & U 50 Breast	104
105	Open 200 Free	106
107	13-14 200 Free	108
	Open 1650 Free # \$	110

Will be scored 13-14 and open.

\$ Will be swum fastest to slowest.

@ Relays will be deck seeded with positive check in and cards due in office by 6:45 AM.

ENTRY SUMMARY & RELEASE

Club _____ Initials _____

Address _____

Entry Contact _____ Phone _____
Email _____

Coach _____ Phone _____
Email _____

Hotel Reservations At _____

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I also acknowledge that I am familiar with the rules of USA Swimming and Southeastern Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. Memphis Tiger Swimming, the University of Memphis, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with this meet.

Signature of coach or club official

Date: _____ Title: _____

COACHES ATTENDING THE MEET:

CERTIFIED OFFICIALS WISHING TO WORK THE MEET:

Name	Position	Sessions
_____	_____	_____
_____	_____	_____

ENTRY RECAP:

SES Surcharge- Total # of Swimmers entered _____ @\$3.00each SES or
_____ @\$5.00 each out of SES \$ _____

Individual Events- Total # of Entered _____ @\$4.00 each \$ _____

Relays- Total # of Entered _____ @\$10.00 each \$ _____

Total Check Payable to Memphis Tiger Swimming \$ _____

SOUTHEASTERN SWIMMING INFORMATION FOR DISABLED SWIMMERS

Name: _____ Age: _____ Date of Birth: _____

Address: _____ Phone number: _____

Events Entered:

Event & No.	Event & No.	Event & No.

Type of disability (describe): _____

Extent of disability (Be specific, e.g., totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities etc.):

The following persons will accompany the swimmer for any needed assistance:

Seizures? Yes _____ No _____ Are you on medication? Yes _____ No _____

Type of Medication	Dose

Parent or Guardian's Name: _____ Phone: _____

Parent or Guardian's Signature: _____

Athlete's Signature: _____

Physician's Name: _____ Phone: _____

Physician's Address: _____

I have examined the above entrant and, in my opinion, there is no mental or physical reason why he or she should not participate in USA Swimming competition.

Physicians Signature: _____ Date: _____

