

SOUTHEASTERN SWIMMING CHAMPIONSHIPS

February 25, 26, 27 and 28, 2010

The meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming, the rules of which will apply.

SES SANCTION NO.: 10SENAC3-25

TIME TRIAL NO.: 10SENAC3-25TT

LOCATION: TRACY CAULKINS COMPETITION POOL
CENTENNIAL SPORTSPLEX
222 25th AVENUE NORTH
NASHVILLE, TN 37203

MEET REFEREE: Ed DeBruyn
edebruyn@bellsouth.net

MEET DIRECTOR: Chris McPherson
615-554-3354
nashvillemacs@mac.com

ENTRY CHAIR PERSON: Angela Bolton
9206 Concord Road
Brentwood, TN 37027
entry@swimnac.com
Fax: 615-371-6778

FACILITIES:

The facility contains an indoor 50 meter by 25-yard pool divided by 2 bulkheads into two 25-yard pools with a minimum depth of 7 feet. Separate warm down pool available. Wireless live results in the pool area will be available for those with Hy-Tek's Hy-Wire installed on their Pocket PC or Palm OS device.

MEET SCHEDULE:

THURSDAY, February 25:

Timed Finals:

Warm-up 1 - 3:30 - 4:10 PM
Warm-up 2 - 4:10 - 4:50 PM
Competition - 5:00 PM

FRIDAY, February 26:

Prelims:

Warm-up 1 - 7:15 AM - 8:00 AM
Warm-up 2 - 8:00 AM - 8:45 AM
Competition - 9:00 AM

Finals:

Warm-up - 4:15 - 5:15 PM:
Competition - 5:30 PM

SATURDAY, February 27:

Prelims:

Warm-up 1 - 7:15 - 8:00 AM
Warm-up 2 - 8:00 AM - 8:45 AM
Competition - 9:00 AM

Finals:

Warm-up - 4:15 - 5:15 PM
Competition - 5:30 PM

SUNDAY, Feb 28:

Prelims:

Warm-up 1 - 7:15 - 8:00 AM
Warm-up 2 - 8:00 AM - 8:45 AM
Competition - 9:00 AM

Finals:

Warm-up - 3:45 - 4:45 PM
Competition - 5:00 PM

MEET FORMAT:

Individual events – All individual events will be Prelims/Finals except for the 1000 Free, 1650 Free, and 10&U and 11&12 500 Free. These Timed Finals will swim **fastest to slowest**. The fastest heat of the women's 1000 and men's 1650 Free will swim during the Finals session on Sunday night; earlier heats of the women's 1000 and men's 1650 Free will swim in the morning after the conclusion of the preliminaries. All preliminaries will be swum in dual 8 lane courses (separate courses for 12&U and 13&O (time line permitting), otherwise, women and men). Finals will swim in a single 8-lane course. **Senior events will swim final and consolation final heats. All events 400 yards and longer will be deck seeded.**

Relays will be deck seeded Timed Finals swum during Finals sessions. Teams are limited to two relay entries in each relay event. Relay cards will be distributed in coaches' packets (available Thursday night). **Cards will constitute positive check-in and must be completely and properly filled out and submitted to Clerk of Course by 5:00 PM on the day of the event in order for the relay team to swim.** The cards will remain with Clerk of Course and heat sheets will be distributed and posted as soon as possible.

The fastest 8 seeded relays in all relay events will swim in the championship course during finals in the regular event order. We will swim any additional heats of relays in second course during finals in regular event order.

The TOP 16 seeded relays for Senior's will swim in the Championship course.

ELIGIBILITY:

Age groups are: 10&U, 11-12, 13-14 and Senior. **Age on the first day of the meet determines the age group for the entire meet.** All swimmers shall be registered with Southeastern Swimming through United States Swimming, Inc. and registration numbers must be listed on the entry form. **No entries will be accepted without current registration numbers.** The 2009-10 Southeastern Age Group Short Course Yards Time Standards will be used as a qualifying time for all individual events. There will be no time standards for relays. Qualifying times must have been achieved by the entry deadline. Faster times achieved following the deadline will not be accepted in place of times already entered. This includes relays. A Southeastern-affiliated swimmer may compete as a member of a relay team whether or not they qualify for any individual events.

ENTRIES:

A swimmer may enter and swim **three individual events per day** and no more than **seven individual events in the meet**. A swimmer entered in the maximum number of events **may not scratch one event to enter another event, except in cases involving a mistaken entry in the wrong age group that may be corrected by the Meet Referee**. Time Trial events count as one of the three events allowed on a given day, but do not count as one of the seven individual events in the meet. Entries must be legible and complete. Entry forms **must** include the swimmer's first and last name, age, USA Swimming registration number and yard times for each individual event. Relay times should be listed for each entered relay. **All potential relay participants must be entered in the meet by Friday, February 26 at 9:00 AM.**

Teams who have HYTEK'S MEET MANAGER should submit their entries on a 3-1/2" disk, or by email. Disks with results will be returned at the end of the meet. Also provide hard copy printout for proof reading.

FEES:	\$5.00 per swimmer per individual event	\$10.00 per relay
	\$3.00 Southeastern surcharge	\$5.00 Facility surcharge

DEADLINE:

All entries must be received by **Tuesday, February 16, 2010**, with the exception of swimmers who **initially** achieve qualifying times at District Meets. **Entries from Districts must be faxed or emailed by 6:00 PM, Monday, February 22, 2010.** Entries not accompanied by USA Swimming numbers, a check for fees, signed athletes release and a recap sheet will be rejected. Checks should be payable to: NASHVILLE AQUATIC CLUB. A psych sheet of all entries will be posted on NAC's website (www.swimnac.com) on Friday, February, 20. Coaches are responsible to check the Psych sheet to verify their entries are correct and, if not correct, to inform Angela Bolton of any mistakes before **5:00 p.m. on Sunday, February 21** **VIA EMAIL ONLY.**

LATE ENTRIES:

Late entries will be accepted on a **lane available, first-come, first-serve basis until the start of the preliminary session on Friday, February 26.** No new heats will be formed after the meet has been seeded. Coaches must make out entry cards for late entries at the meet. Late entered relays will be given a "No Time" seeding. Accepted late entries will be charged \$6.00 per individual event and \$12.00 per relay. Fees are due upon entry.

MAIL ENTRIES TO: Angela Bolton
 9206 Concord Road
 Brentwood, TN 37027
entry@swimnac.com
 Fax: 615-371-6778

Please waive the signature requirement for Fed-Ex and UPS deliveries.

SAFETY:

In the interest of safety, coaches, swimmers and spectators are asked to observe all posted pool rules and conduct themselves in a safe and prudent manner. **Southeastern Swimming Safety Guidelines and Warm-up Procedures will be in effect.**

DECK SEEDED EVENTS:

Swimmers must positive check-in with the Clerk of Course for all deck-seeded individual events and relays. **Positive check-in deadlines are as follows:**

DAY OF EVENT	EVENT	DEADLINE
THURSDAY	ALL INDIVIDUAL EVENTS	4:00 PM – POSITIVE CHECK-IN
FRIDAY	400 IM	9:00 AM – POSITIVE CHECK-IN
	FREE RELAY	5:00 PM – RELAY CARDS DUE
SATURDAY	500 FREE	9:00 AM – POSITIVE CHECK-IN
	MEDLEY RELAY	5:00 PM – RELAY CARDS DUE
SUNDAY	1000/1650 FREE	9:00 AM – POSITIVE CHECK-IN

Swimmers or relays that do not check-in with the Clerk of Course by the deadline will be scratched and will not be able to compete in that event.

PROCEDURE FOR POSITIVE CHECK-IN OR SCRATCHING: Only the swimmer or his/her coach may check-in or scratch a swimmer. **If swimming an event,** the swimmer or his/her coach shall circle the name of the swimmer and place their initials next to the swimmer's name. **If scratching the event,** the swimmer or coach shall line through the swimmer's name and place their initials next to the swimmer's name.

SCRATCHES:

The 2010 USA Swimming Scratch rules as modified by Southeastern Swimming, Inc., will be followed. Swimmers qualifying for finals or consolation finals must notify the administrative referee within 30 minutes of the announcement of the qualifiers for that final that they may not intend to compete. They must further declare their final intention to scratch within 30 minutes of the posting of the last preliminary event of the session. **Scratches must be given to the Administrative Referee or in the scratch box at the Clerk of Course table.**

PENALTIES:

For deck-seeded events: Failing to swim an event after a positive check-in will result in the swimmer being barred from his/her next individual event.

For failure to swim finals: Any swimmer failing to properly scratch and failing to compete in the consolation finals and finals shall be barred from the remainder of the meet unless relieved for good cause by the Referee. The penalty for failing to properly scratch and failing to compete in a Sunday evening consolation final or final event is a \$25 fine.

For time standards: Any swimmer who does not achieve the qualifying time standard in an event is subject to a \$25 fine unless written proof of the qualifying time is provided. No team will be allowed to enter subsequent championship meets until fines are paid and/or times proven.

SCORING:

Individual Events: 20-17-16-15-14-13-12-11

Relay Events: 40-34-32-30-28-26-24-22

Consolation Finals in senior individual events will be scored: 9-7-6-5-4-3-2-1

Consolation Senior Relays will be scored – 18-14-12-10-8-6-4-2

****Team scoring will be tabulated in Men's, Women's and Combined categories.

There will be three divisions for Teams – Large (30 or more swimmers entered in the meet); Medium (15-29 swimmers entered in the meet) and Small (under 15 swimmers entered in the meet). Teams will compete with other teams in their respective divisions for team awards.

AWARDS:

The awards will be provided by Southeastern Swimming. Medals will be given for 1st-8th place for individual events and 1st-4th for relays. There will be **pennants** for the top scoring team in each division and **trophy's** for the individual high point and runner up in each age group.

Awards will also be given to age group team champions. These will be based on total individual points and the single highest-ranking relay.

MEETINGS:

A coaches' meeting will be at 8:45 AM, Friday, February 26, 2010, in the hospitality room.

Officials will meet in the hospitality room at 7:30 AM each morning for clinics and 30 minutes before each session for deck assignments. Timers will meet on the deck 30 minutes before each session.

Coaches and Officials: Please display your current certification cards at all times on the deck. Credentials will be checked.

OFFICIALS:

The Southeastern Swimming Officials Committee will assign officials. Referee, Starter and Stroke Clinics will be given before the preliminary sessions as follows:

- 1) **Starter Clinic:** Friday at 7:30 AM.
- 2) **Stoke & Turn Clinic:** Saturday at 7:30 AM.
- 3) **Referee Clinic:** Sunday at 7:30 AM.

TIME TRIALS:

Time Trials will be held at the conclusion of any preliminary or final session at the coaches' request. Time Trials are intended only for swimmers attempting to qualify for National Championship or Sectional Meets. Athletes whose entry times do not closely approach these time standards may be denied entry into time trials. Fees: \$5.00 per individual event; \$10.00 per relay. Sign-up deadlines will be announced during the Meet.

EVALUATION:

Any specific problems or concerns about the meet that are not resolved during the meet or to your satisfaction should be communicated in writing immediately to the chairperson of Southeastern Swimming.

John Woods
205 Island Ave
Chattanooga, TN 37405

SOUTHEASTERN SWIMMING CHAMPIONSHIPS
ORDER OF EVENTS
THURSDAY February 25, 2010
TIMED FINALS EVENING SESSION

WARM-UP: 3:30 PM & 4:10 PM

COMPETITION: 5:00 PM

WOMEN	STANDARD	EVENT	STANDARD	MEN
1	12:25.69	11 – 12 1000 Freestyle#	13:19.39	2
3A	20:01.49	13&14 1650 FREESTYLE#*		
		13&14 1000 FREESTYLE#*	11:29.79	4A
3B	+19:58.89	SENIOR 1650 FREESTYLE#*		
	++ 19:48.19			
		SENIOR 1000 FREESTYLE#*	+10:50.89	4B
			++10:42.69	

#Deck-seeded timed finals; positive check-in by 4:00 PM. Event will be swum fastest to slowest.

***13&14 and Senior swum together, scored separately.**

+15&16 time standard

++17&Over Time Standard

**FRIDAY February 26, 2010
PRELIMINARY SESSION**

WARM-UP: 7:15 AND 8:00 AM

COMPETITION: 9:00 AM

WOMEN	STANDARD	EVENT	STANDARD	MEN
5	2:36.89	10&U 200 FREESTYLE	2:38.29	6
7	2:15.49	11&12 200 FREESTYLE	2:16.89	8
9	2:04.99	13&14 200 FREESTYLE	2:00.59	10
11	+2:01.29	SENIOR 200 FREESTYLE	+1:52.49	12
	++1:59.79		++1:50.19	
13	42.99	10&U 50 BREASTSTROKE	44.39	14
15	37.19	11&12 50 BREASTSTROKE	38.29	16
17	1:17.89	13&14 100 BREASTSTROKE	1:13.99	18
19	+1:13.99	SENIOR 100 BREASTSTROKE	+1:08.49	20
	++1:13.99		++1:07.09	
21	37.89	10&U 50 BACKSTROKE	38.39	22
23	33.09	11&12 50 BACKSTROKE	33.39	24
25	1:06.39	13&14 100 BACKSTROKE	1:04.59	26
27	+1:04.39	SENIOR 100 BACKSTROKE	+59.39	28
	++1:04.39		++58.09	
29	2:59.19	10&U 200 IND. MEDLEY	3:01.79	30
31	2:31.89	11&12 200 IND. MEDLEY	2:38.19	32
33	5:02.99	13&14 400 IND. MEDLEY*	4:59.39	34
35	+4:56.09	SENIOR 400 IND. MEDLEY*	+4:43.89	36
	++4:56.09		++4:37.99	
37		10&U 200 FREESTYLE RELAY#		38
39		11&12 200 FREESTYLE RELAY#		40
41		13&14 400 FREESTYLE RELAY#		42
43		SENIOR 400 FREESTYLE RELAY#		44

*Deck-seeded Preliminaries; positive check-in by 9:00 AM.

#Relays will swim in Finals. Relay cards due by 5:00 PM.

+15&16 time standard

++17&Over Time Standard

ORDER OF EVENTS

**SATURDAY February 27, 2010
PRELIMINARY SESSION**

WARM-UP: 7:15 AND 8:00 AM

COMPETITION: 9:00 AM

WOMEN	STANDARD	EVENT	STANDARD	MEN
45	+2:25.99	SENIOR 200 BUTTERFLY	+2:14.79	46
	++2:22.89		++2:09.79	
47	2:29.99	13&14 200 BUTTERFLY	2:29.49	48
49	1:10.99	11&12 100 BUTTERFLY	1:16.89	50
51	1:27.79	10&U 100 BUTTERFLY	1:31.59	52
53	+26.09	SENIOR 50 FREESTYLE	+23.59	54
	++26.09		++23.39	
55	26.79	13&14 50 FREESTYLE	25.49	56
57	28.29	11&12 50 FREESTYLE	28.29	58
59	32.19	10&U 50 FREESTYLE	32.39	60
61	+2:17.89	SENIOR 200 IND. MEDLEY	+2:08.09	62
	++2:17.89		++2:05.29	
63	2:22.29	13&14 200 IND. MEDLEY	2:18.49	64
65	1:11.09	11&12 100 IND. MEDLEY	1:11.59	66
67	1:22.19	10&U 100 IND. MEDLEY	1:23.29	68
69	+5:29.29	SENIOR 500 FREESTYLE*	+5:14.69	70
	++5:25.99		++5:07.29	
71	5:41.69	13&14 500 FREESTYLE*	5:28.99	72
73		11&12 200 MEDLEY RELAY#		74
75		10&U 200 MEDLEY RELAY#		76
77		SENIOR 400 MEDLEY RELAY#		78
79		13&14 400 MEDLEY RELAY#		80
81	6:01.69	11 – 12 500 FREESTYLE **	6:20.99	82
83	6:49.19	10 & Under 500 FREESTYLE **	6:54.69	84

*Deck-seeded Preliminaries; positive check-in by 9:00 AM.

**Deck-seeded Timed Finals; positive check-in by 9:00 AM.

#Relays will swim in Finals. Relay cards due by 5:00 PM.

+15&16 time standard

++17&Over Time Standard

ORDER OF EVENTS
SUNDAY February 28, 2010
PRELIMINARY SESSION

WARM-UP: 7:15 AND 8:00 AM

COMPETITION: 9:00 AM

WOMEN	STANDARD	EVENT	STANDARD	MEN
85B	+11:12.79	SENIOR 1000 FREESTYLE#		
	++11:10.79			
		SENIOR 1650 FREESTYLE#	+18:47.99	86B
			++18:27.19	
85A	11:29.99	13&14 1000 FREESTYLE#		
		13&14 1650 FREESTYLE#	19:29.49	86A
87	1:22.99	10&U 100 BACKSTROKE	1:23.89	88
89	1:11.09	11&12 100 BACKSTROKE	1:13.49	90
91	2:22.99	13&14 200 BACKSTROKE	2:16.69	92
93	+2:19.09	SENIOR 200 BACKSTROKE	+2:08.79	94
	++2:18.99		++2:06.89	
95	1:11.39	10&U 100 FREESTYLE	1:12.39	96
97	1:01.89	11&12 100 FREESTYLE	1:02.29	98
99	58.19	13&14 100 FREESTYLE	55.69	100
101	+56.69	SENIOR 100 FREESTYLE	+51.79	102
	++56.09		++50.69	
103	1:34.19	10&U 100 BREASTSTROKE	1:38.49	104
105	1:21.29	11&12 100 BREASTSTROKE	1:24.39	106
107	2:43.49	13&14 200 BREASTSTROKE	2:40.49	108
109	+2:41.19	SENIOR 200 BREASTSTROKE	+2:29.99	110
	++2:41.19		++2:27.49	
111	36.79	10&U 50 BUTTERFLY	38.99	112
113	31.49	11&12 50 BUTTERFLY	32.09	114
115	1:05.69	13&14 100 BUTTERFLY	1:03.49	116
117	+1:02.39	SENIOR 100 BUTTERFLY	+58.09	118
	++1:02.39		++56.69	

Deck-seeded timed finals; positive check-in by 9:00 AM. Events will swim fastest to slowest; 13&14 and Senior will swim together and be scored separately. The fastest men's and women's heats will swim during Finals. Earlier heats will swim 10 minutes after event 118.

+15&16 time standard

++17&Over Time Standard

SOUTHEASTERN SWIMMING CHAMPIONSHIPS
February 25 – February 28, 2010
TEAM INFORMATION

CLUB NAME:		INITIALS:	
ADDRESS:			
LSC:		HEAD COACH:	
CONTACT PERSON:			PHONE NUMBER:
FAX NUMBER:		CELL PHONE:	EMAIL:
COACHES ATTENDING:	NAME	COACHES CARD EXPIRATION DATE	
	1.		
	2.		
	3.		
CERTIFIED OFFICIALS WHO MAY WISH TO WORK:	1.		
	2.		
	3.		
	4.		
NUMBER OF SWIMMERS ENTERED:		ATTACHED:	
		UNATTACHED:	
		TOTAL:	

SUMMARY OF FEES

NUMBER OF SWIMMERS:		X \$3.00 SES SURCHARGE =	
		X \$5.00 FACILITY SURCHARGE =	
NUMBER OF IND. EVENTS:		X \$5.00 PER EVENT ENTRY FEE =	
NUMBER OF RELAYS:		X \$10.00 PER RELAY ENTRY FEE =	
TOTAL DUE:			

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 Rules and Regulation:

501.7

.1 All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.

.2 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

And as

302.4 False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not **properly** registered.

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. The Nashville Aquatic Club, Metro Nashville Parks and Recreation, 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 that 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 the running of this meet.

SIGNATURE OF COACH OR CLUB OFFICIAL:	
CLUB:	
TITLE:	DATE:

**Southeastern Swimming
Information Form for Disabled Swimmers**

NAME:		AGE:	DATE OF BIRTH:		
ADDRESS:			PHONE NUMBER:		
EVENTS ENTERED:					
EVENT:	NO.	EVENT:	NO.		
EVENT:	NO.	EVENT:	NO.		
EVENT:	NO.	EVENT:	NO.		
DESCRIBE TYPE AND EXTENT OF DISABILITY (Be specific; e.g. totally or partially blind or deaf; loss of limbs, multiple disabilities):					
THE FOLLOWING PERSONS WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:		NAME:			
		NAME:			
SEIZURES?	YES: <input type="checkbox"/> NO: <input type="checkbox"/>	ARE YOU ON MEDICATION?	YES: <input type="checkbox"/> NO: <input type="checkbox"/>	MEDICATION/DOSE:	
MEDICATION/DOSE:	MEDICATION/DOSE:		MEDICATION/DOSE:		
PARENT OR GUARDIAN'S NAME:			PHONE NUMBER:		
PARENT OR GUARDIAN'S SIGNATURE:		ATHLETE'S SIGNATURE:			
PHYSICIAN'S NAME:			PHONE NUMBER:		
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.					
PHYSICIAN'S SIGNATURE:			DATE:		