



**2025 NSL CITY MEET INVITE
JUNE 27 – JUNE 28, 2025
Hosted by Ensworth Aquatics**

HOST CLUB: Ensworth Aquatics

LOCATION: The Ensworth School (Frist Campus) Natatorium
7401 Highway 100
Nashville, TN 37221

FACILITY: The Ensworth School offers 2-10-lane, 25-yard competition pools, with a 6.5 foot minimum depth, non-turbulent lane lines, a fully automatic electronic timing system, and a scoreboard with lane/time/place display. The number of lanes used for competition will be determined by the number of entries. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

MEET MANAGEMENT:

Meet Directors:	Ceesun Andrews :	ceesun.andrews@gmail.com	615-947-7277
	Laura Cox:	lauracox610@gmail.com	615-525-5776
Meet Referee:	Austin Parsons:	austinwparsons@gmail.com	615-457-7387
Meet Entry Chair:	Christian Bahr:	NSLentry@ensworth.com	336-692-4011
NSL President:	Ceesun Andrews:	ceesun.andrews@ymail.com	615-947-7277

MANDATORY COACHES' MEETING (VIRTUAL): Wednesday, June 25th at 6:00 PM. (*information / link to follow*)

RULES: Unless otherwise noted in this Meet Invitation or the NSL Constitution, the meet will be governed according to the rules of USA Swimming.

ELIGIBILITY: To be eligible to swim the 2025 NSL City Meet, swimmers must swim in at least two NSL dual meets during the 2025 summer season. A club's mock meet may count as an eligible meet, with meet results provided as documentation. A swimmer's competition age is determined as of June 1, 2025. Any questions regarding eligibility should be directed to Meet Referee.

OPEN / NOVICE DESIGNATIONS FOR SWIMMERS 11 & OVER:

- Individual events for swimmers age 11 & Over will be separated in to Open & Novice classifications.

- A swimmer is required to swim Open for any event (stroke) in which that swimmer has achieved a “BB” time standard for that event or closest distance equivalent in Long or Short Course.
 - NSL “BB” Time standards will generally align with USA Swimming Motivational Time Standards, and will be outlined each year by the NSL no later than the Spring General Membership meeting.
 - For the 15 & Over classification, the USA Swimming standard for 17/18 year-olds will apply for all swimmers in the classification.
 - When evaluating qualifying times, coaches should consider the following sources as applicable:
 - Middle School or High School Championship Meets
 - Any sanctioned USA Swimming meet where times are recorded in the USA Swimming database
- Coaches will be required to submit a list of swimmers achieving the “BB” time standards (including listed times) no later than June 1st each year.
 - Only times achieved prior to June 1st of a given year will be considered for that year’s City Meet entries.
- The requirement to swim Open for an event is limited to the events for which a “BB” time has been achieved.
 - If a swimmer is entered in at least one (1) Open event with a “BB” time standard, the swimmer may be entered in other Open events for which a “BB” standard has not been achieved.
- If a swimmer has not achieved any “BB” time standards, that swimmer is not permitted to swim any Open events.

***MEET SESSIONS & TENATIVE START TIMES (all sessions will be conducted in one pool):**

Friday, June 27, 2025

9:00 AM	13/14 & 15 & Over
2:00 PM	11/12
6:00 PM	6 & Under

Saturday, June 28, 2025

9:00 AM	8 & Under
1:00 PM	9/10

**Exact warm up and start times will be communicated once the timeline is established. Warm up times may be modified based upon the size of the meet.*

WARM-UPS: Warm-up times are projected to be 1 hour prior to the above listed Session Start Times. The Meet Director will post warm-up lane assignments to the Nashville Swim League and Ensworth Aquatics websites by Wednesday, June 25, 2025, at 8:00 PM.

HEAT SHEETS: Only electronic heat sheets will be available. These will be accessible on the Nashville Swim League and Ensworth Aquatics websites in PDF format. NO HEAT SHEETS WILL BE SOLD ON SITE. Coaches are asked to bring their own heat sheets.

ENTRIES: All entries for individual events and relays should be submitted using Swimmingly or HyTek. The entry file and instructions may be found on the Nashville Swim League website. No handwritten entries will be accepted. No late entries or deck entries will be accepted.

ENTRY TIMES: Entry times must be submitted in SHORT COURSE YARDS, not meters. Times must be to the hundredths of a second. Submit swimmers' best times.

ENTRY LIMIT: Each swimmer may enter a maximum of 4 individual events. The IM is considered an individual event. No swimmer may enter both Novice and Open of the same stroke. **Note: Only 3 boys and 3 girls from each team may be entered in the 6 & Under MINI IM.** Each team may enter a swimmer in a maximum of 3 relay events – one freestyle relay, one medley relay, and one mixed medley relay. All relays are swum open.

RELAYS: All relay names need to be turned in with meet entries. Any adjustments to names need to be submitted by the Head Coach to the Meet Clerk Table at the start of each session of the meet. Relays heats will be swum slowest to fastest. Relay cards must have each swimmer's first and last names and must be presented in the order in which the swimmers are to swim in the relay.

A club may move up one swimmer, one age group, per relay to compete in the freestyle, medley, and mixed medley relays. However, no swimmer may swim on more than one freestyle, medley, or mixed medley relay in one meet. This procedure applies only to relays and does not conform to USA Swimming rules. A swimmer may not move up an age group to swim in an individual event.

ENTRY FEES:

6 & Under swimmers \$20

7 & Over swimmers \$25

Payment is due to the Meet Director upon submitting **entries Sunday, June 22, 2025 by 4:00 PM** All entry fees are non-refundable.

Please submit entries to:

NSL ENTRY CHAIR

Christian Bahr

NSLentry@ensworth.com

ESTIMATED ENTRY TIMELINE

- **Sunday, June 22, 2025 at 4:00 PM:** All entries due electronically to City Meet Entry Chair NSLentry@ensworth.com with an SD3 file extension. Please put club name and division in subject line of the email. **NO LATE ENTRIES WILL BE ACCEPTED.**
- **Sunday, June 22, 2025 at 4:00 PM:** Head Coaches must have submitted meet entries electronically to NSLentry@ensworth.com, paid fees by EFT, and the COMPLETED City Meet Worksheet, disability form, and waiver attached at the end of this meet invite emailed to NSLswim@gmail.com.
- **Monday, June 23, 2025 by 4:00 PM:** A copy of each team's meet entry report will be emailed to coach/team rep. **COACHES: CAREFULLY REVIEW YOUR ENTRY REPORT** as it is each coach's responsibility to make sure that all swimmers are entered in the correct event with the correct time. In addition, please ensure that all swimmers are entered in the correct **NOVICE or OPEN** event according to most recent Nashville Swim League's Constitution. No late entries will be accepted only errors on the reports provided by the entries chair report will be corrected. Times will not be changed to reflect any dual meet

times from meets on Tuesday, June 24th. If there is an error with your file, you may be asked to resend an entire new electronic meet file.

- **Wednesday, June 25, 2025 by Noon.** Coaches must turn in any corrections by email to NSLentry@ensworth.com.
- **Wednesday, June 25, 2025:** MANDATORY Virtual Coaches' Meeting at 6:00 PM (link to follow).
- **Wednesday, June 25, 2025 by 8:00 PM:** Teams with changes will receive revised entries.
- **Thursday, June 26:** Final Psych Sheets and Heat Sheets will be posted on Ensworth Aquatics and NSL websites.

ENTRY NOTES:

- There will be no "Relay Only" swimmers.
- The Meet Referee reserves the right to shift or combine heats and/or events.
- Any and all breaks will be at the discretion of the Meet Referee and Meet Director and will be announced during the meet.

NO LATE/DECK ENTRIES: There will be no late entries or deck entries.

DISABILITIES:

Swimmers with disabilities are welcome and are requested to complete the Information Form for Disabled Swimmers and return it with entries. Coaches are asked to speak directly with the Meet Director no later than the Coach's meeting on Wednesday, June 25th for any accommodations. (See *attached Disabled Swimmer Form*)

PROTESTS:

The announcer for each session will announce and record the ending time of each session. Coaches are allowed to submit challenges relating to each session to the Meet Referee no later than 45 minutes from the announced posting of the results of the affected session. Once that time has passed, there will be no changes made to the results or standings for the City Meet except as set forth in Section I of the NSL Constitution.

SCORING:

- **Team Scoring** - Team scoring will be by division, with a Champion and Runner-Up for each Division named.
- **Individual scoring** will be by gender, age group, and Novice and Open categories (when applicable). Individual points are accumulated within the Novice and Open categories separately. Points will be awarded for first through tenth place and will be as follows 12-9-8-7-6-5-4-3-2-1.
- **Relays** score double points first through tenth also. There is no limit to the number of relays that a team may enter in an event (refer to individual swimmer limits above). Only the **top two** relays are eligible to score for each team. ALL relays will be seeded according to entry times (slowest to fastest).

AWARDS:

- **Team Awards:**
 - Team awards will be handed out at the conclusion of the meet.

- City Meet Championship Team trophies will be awarded to the Champion and Runner-Up teams for each Division.
- Dual Meet Team trophies for the Dual Meet season will also be awarded at the conclusion of the City Meet competition to the Champion and Runner-Up in each division. Criteria for Dual Meet Awards are outlined in the NSL Constitution.
- **High Point Awards**
 - High Point awards will be handed out at the conclusion of each session.
 - For the 6 & Under, 7/8, and 9/10 age classifications, High Point Awards will be given to the Top 10 swimmers in each age/gender classification for points accumulated in their individual events only.
 - For the 11/12, 13/14, and 15 & Over age classifications, High Point Awards will be given to the Top 5 swimmers in each age/gender classification for both Open and Novice for points accumulated in their individual events only. Open and Novice categories are awarded separately and there is no crossover point accumulation in the event a swimmer swims events in *both* Open and Novice.
 - In all age groups, in the event of a tie, both (or more) tied swimmers will be called to the podium and the oldest of the tied swimmers will be allowed to take the award home, and duplicate award(s) will be ordered for the other(s).
- **Individual Awards**
 - For all individual events, medals will be given for 1st – 8th place and ribbons will be given for 9th – 16th place.
- **Relay Awards –**
 - For all relay events, medals will be given for 1st – 8th place.
- **Awards Box**
 - Each team is asked to bring a labeled awards box to be picked up after the meet with their team's awards.

RESULTS: Live results will be posted on the Meet Mobile app, and final results will be posted to the Nashville Swim League and Ensworth Aquatics websites.

SPECTATOR INFO: Parents and spectators must remain in the stands or in the upstairs outside terraces. **NO PARENTS OR SPECTATORS ARE ALLOWED ON THE POOL DECK OR IN THE CLERK OF COURSE.** No flash photography inside the competition area. Chairs are permitted on the balcony overlooking the pool, but must be placed against the back wall, not against the railing. Spectators are expected to give courtesy and deference to others that may have limited viewing abilities. **All chairs must be removed between sessions.**

CLERK OF COURSE: All swimmers 12 & Under are required to go to the clerk of course to check in and line up for their events. 13 & Over swimmers will not have a clerk of course and are asked to report directly to the blocks. The clerk of course will be located on the tented terrace outside the teaching pool. Clerk of course is for volunteers, swimmers, and coaches **ONLY** and will be enforced as such. No parents or children who are not volunteers are allowed in the clerk of course or on deck.

FACILITY RULES & MEET NOTES:

- A tent will be provided for all teams. Each team may take a section under the tent. Each team is expected to be respectful of the space and of other teams. Each team is expected to “police” and clean up their own area between each session.

- Team banners can be dropped off at Ensworth on Saturday, June 21st from 10:00 AM to 12:00 PM. Banners may also be hung on Friday, June 27th before the start of the first session (provided no special equipment is necessary, and the banner does not obstruct viewing).
- In the interest of safety and accident prevention, coaches, officials and swimmers are asked to observe all posted pool rules and to conduct themselves in a safe manner. Only coaches, swimmers, officials, and volunteers are allowed on deck.
- Please note that use of audio or visual recording devices, including cell phones, are not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.
- NO food or drink (with the exception of water bottles) shall be brought into the pool area.
- NO GLASS ON POOL DECK, IN CLERK OF COURSE, OR IN ANY OF THE TENTS.
- NO coolers shall be brought into the building.
- Concessions will be available for sale in the natatorium concessions areas. Concessions will accept CASH or Credit Cards.
- Teams may not “reserve” sections in the stands for their teams or spectators. All chairs and seats inside the facility must be removed between sessions.
- Except for the 13 & Over session, No Team – regardless of size – is permitted to congregate / sit on the pool deck during the meet. Only active swimmers, coaches, meet officials, and meet staff may be on the deck at any time.
- The warm down pool is for 13 & Over swimmers only. No swimmers may play in the pool.
- There is adequate parking on campus. Please park in designated parking spaces around the natatorium, behind the natatorium and in the tennis facility parking garage. Cars will be towed from grass and medians and otherwise parking illegally.
- Each NSL Team is required to provide volunteers and officials per their NSL volunteer assignments, regardless of the number of swimmers in the meet.
- Any USA swim team coaches and representatives (year around) planning to be at the meet need to contact the meet director a week before the meet (by June 20, 2025) to be assigned credentials. USA swim teams coaches and representatives will not be allowed to pass out materials to athletes on the pool deck, and if any do not comply, they will be asked to leave. Designated areas for USA swim clubs’ coaches and their representatives will be assigned once contact is made.

**2025 NSL City Meet Championship
ORDER OF EVENTS
Friday, June 27, 2025**

Morning Session

Note: Based on timelines, breaks may be added as needed.

1	13-14 Girls	200 Medley Relay
2	13-14 Boys	200 Medley Relay
3	15-18 Girls	200 Medley Relay
4	15-18 Boys	200 Medley Relay
5	13-14 Girls - Novice	50 Freestyle
6	13-14 Girls - Open	50 Freestyle
7	13-14 Boys - Novice	50 Freestyle
8	13-14 Boys - Open	50 Freestyle
9	15-18 Girls - Novice	50 Freestyle
10	15-18 Girls - Open	50 Freestyle
11	15-18 Boys - Novice	50 Freestyle
12	15-18 Boys - Open	50 Freestyle
13	13-14 Girls - Novice	50 Butterfly
14	13-14 Girls - Open	50 Butterfly
15	13-14 Boys - Novice	50 Butterfly
16	13-14 Boys - Open	50 Butterfly
17	15-18 Girls - Novice	50 Butterfly
18	15-18 Girls - Open	50 Butterfly
19	15-18 Boys - Novice	50 Butterfly
20	15-18 Boys - Open	50 Butterfly
21	13-14 Girls	200 Free Relay
22	13-14 Boys	200 Free Relay
23	15-18 Girls	200 Free Relay
24	15-18 Boys	200 Free Relay
25	13-14 Girls - Novice	50 Backstroke
26	13-14 Girls - Open	50 Backstroke
27	13-14 Boys - Novice	50 Backstroke
28	13-14 Boys - Open	50 Backstroke
29	15-18 Girls - Novice	50 Backstroke
30	15-18 Girls - Open	50 Backstroke
31	15-18 Boys - Novice	50 Backstroke
32	15-18 Boys - Open	50 Backstroke
33	13-14 Girls - Novice	50 Breaststroke
34	13-14 Girls - Open	50 Breaststroke
35	13-14 Boys - Novice	50 Breaststroke

36	13-14 Boys - Open	50 Breaststroke
37	15-18 Girls - Novice	50 Breaststroke
38	15-18 Girls - Open	50 Breaststroke
39	15-18 Boys - Novice	50 Breaststroke
40	15-18 Boys - Open	50 Breaststroke
41	13-14 Girls - Novice	100 Individual Medley
42	13-14 Girls - Open	100 Individual Medley
43	13-14 Boys - Novice	100 Individual Medley
44	13-14 Boys - Open	100 Individual Medley
45	15-18 Girls - Novice	100 Individual Medley
46	15-18 Girls - Open	100 Individual Medley
47	15-18 Boys - Novice	100 Individual Medley
48	15-18 Boys - Open	100 Individual Medley
49	13-14 Mixed	200 Medley Relay
50	15-18 Mixed	200 Medley Relay

**The Exhibition Coaches 100 Yard Freestyle Relay Will Take Place at the
Conclusion of the Friday Morning Session**

**2025 NSL City Meet Championship
ORDER OF EVENTS
Friday, June 27, 2025**

Midday Session

Note: Based on timelines, breaks may be added as needed.

51	11-12 Girls	200 Medley Relay
52	11-12 Boys	200 Medley Relay
53	11-12 Girls - Novice	50 Freestyle
54	11-12 Girls - Open	50 Freestyle
55	11-12 Boys - Novice	50 Freestyle
56	11-12 Boys - Open	50 Freestyle
57	11-12 Girls - Novice	50 Butterfly
58	11-12 Girls - Open	50 Butterfly
59	11-12 Boys - Novice	50 Butterfly
60	11-12 Boys - Open	50 Butterfly
61	11-12 Girls	200 Free Relay
62	11-12 Boys	200 Free Relay
63	11-12 Girls - Novice	50 Backstroke
64	11-12 Girls - Open	50 Backstroke
65	11-12 Boys - Novice	50 Backstroke
66	11-12 Boys - Open	50 Backstroke
67	11-12 Girls - Novice	50 Breaststroke
68	11-12 Girls - Open	50 Breaststroke
69	11-12 Boys - Novice	50 Breaststroke
70	11-12 Boys - Open	50 Breaststroke
71	11-12 Girls - Novice	100 Individual Medley
72	11-12 Girls - Open	100 Individual Medley
73	11-12 Boys - Novice	100 Individual Medley
74	11-12 Boys - Open	100 Individual Medley
75	11-12 Mixed	200 Medley Relay

**2025 NSL City Meet Championship
ORDER OF EVENTS
Friday, June 27, 2025**

Evening Session

76	6 & Under	Girls	25 Freestyle
77	6 & Under	Boys	25 Freestyle
78	6 & Under	Girls	25 Backstroke
79	6 & Under	Boys	25 Backstroke
80	6 & Under	Girls	50 Mini Individual Medley*
81	6 & Under	Boys	50 Mini Individual Medley*
82	6 & Under	Girls	100 Freestyle Relay
83	6 & Under	Boys	100 Freestyle Relay

**Limited to three entries per team*

**2025 NSL City Meet Championship
ORDER OF EVENTS
Saturday, June 28, 2025**

Morning Session

Note: Based on timelines, breaks may be added as needed.

84	7-8	Girls	100 Medley Relay
85	7-8	Boys	100 Medley Relay
86	7-8	Girls	25 Freestyle
87	7-8	Boys	25 Freestyle
88	7-8	Girls	25 Butterfly
89	7-8	Boys	25 Butterfly
90	7-8	Girls	100 Free Relay
91	7-8	Boys	100 Free Relay
92	7-8	Girls	25 Backstroke
93	7-8	Boys	25 Backstroke
94	7-8	Girls	25 Breaststroke
95	7-8	Boys	25 Breaststroke
96	7-8	Girls	100 Individual Medley
97	7-8	Boys	100 Individual Medley
98	7-8	Mixed	100 Medley Relay

The Nashville Dolphins Exhibition Unified 100 Yard Freestyle Relay Will Take

Place at the Conclusion of the Saturday Morning Session

**2025 NSL City Meet Championship
ORDER OF EVENTS
Saturday, June 28, 2025**

Afternoon Session

Note: Based on timelines, breaks may be added as needed.

99	9-10	Girls	100 Medley Relay
100	9-10	Boys	100 Medley Relay
101	9-10	Girls	25 Freestyle
102	9-10	Boys	25 Freestyle
103	9-10	Girls	25 Butterfly
104	9-10	Boys	25 Butterfly
105	9-10	Girls	100 Free Relay
106	9-10	Boys	100 Free Relay
107	9-10	Girls	25 Backstroke
108	9-10	Boys	25 Backstroke
109	9-10	Girls	25 Breaststroke
110	9-10	Boys	25 Breaststroke
111	9-10	Girls	100 Individual Medley
112	9-10	Boys	100 Individual Medley
113	9-10	Mixed	100 Medley Relay



2025 NSL City Meet

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 the Nashville Swim League. I also acknowledge that I am familiar with the rules 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 Swim League, Ensworth Aquatics, and The Ensworth School, 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.

I, the undersigned coach or team representative, verify that all of the **swimmers** and **coaches** listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to NSL Constitution:

SIGNATURE OF COACH OR CLUB OFFICIAL

DATE

NAME (PRINTED)

TITLE: _____

CLUB: _____

DIVISION: _____

MOBLIE PHONE: _____

EMAIL: _____

2025 NASHVILLE SWIM LEAGUE CITY MEET

INFORMATION FORM FOR SWIMMERS WITH A DISABILITY. This non-mandatory form is for accommodation purposes.

Name: _____

Address: _____

Team _____ Age/Birth Date: _____

Events to be swum: _____

Type of Disability: Blind _____ Cognitive/Intellectual _____ Deaf _____ Physical _____ Other _____

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 person(s) will accompany the swimmer for any needed assistance:

Accommodations requested: Examples: Lane #, inside lane, starter side preference, assistance to the blocks, water start, hand signals, etc.

2025 SUMMARY OF FEES AND CHECK LIST
Make payment via EFT to Nashville Swim League
Make checks payable to: NASHVILLE SWIM LEAGUE (do not mail check)

Division_____ **Head Coach:**_____

Club _____ **Head Coach Cell:**_____

Mailing Address: _____

Head Coach Email: _____

Number of Jr. Coaches_____

Number of Coaches:_____

6 & Under SWIMMERS: _____X **\$20 Fee** = \$ _____

7-8 SWIMMERS: _____X **\$25 Fee** = \$ _____

9-10 SWIMMERS: _____X **\$25 Fee** = \$ _____

11-12 SWIMMERS: _____X **\$25 Fee** = \$ _____

13-14 SWIMMERS: _____X **\$25 Fee** = \$ _____

15 & Over SWIMMERS: _____X **\$25 Fee** = \$ _____

TOTAL DUE: _____ = \$ _____

Please submit this form via email no later than the Coach's meeting on Wednesday, June 25th

Division: _____

Team: _____

City Meet Check List

- _____ I've emailed my Entry File to Entries Chair at NSLentry@ensworth.com.
- _____ I've filled out the summary of fees report and emailed it to NSLswim@gmail.com
- _____ I've sent payment to the NSL via EFT, it matches my summary of fees, and I emailed my summary of fees to NSLswim@gmail.com
- _____ I've emailed my signed release to NSLswim@gmail.com
- _____ I've emailed any disability forms for any disabled swimmers to NSLswim@gmail.com
- _____ I've brought the balance of roster dues from the original submission in June to verify all my swimmers are NSL members with paid fees. (Pull a team report and compare).
- _____ I've brought my team's banner for Ensworth to hang and assigned someone to pick it up at the end of the meet.
- _____ I've brought my labeled awards box to collect our awards and assigned someone to pick it up at the end of the meet.
- _____ We understand we cannot sell anything from our tent.
- _____ I understand that no swimmers are allowed on the main football field.
- _____ I understand that with the exception of my 13 & older swimmers, no swimmers are allowed to congregate or sit on the pool deck.

Signed:

Head Coach _____

Team Rep _____