



**ENSWORTH AQUATICS**  
**Marshmallow Mini**  
**December 13, 2025**

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming. USA Swimming technical rules and regulations will be followed with the exception of items specifically addressed in the meet information sanctioned by Southeastern Swimming, Inc.

In applying for the sanctioned meet on December 13, 2025, the Ensworth Aquatics, agrees to comply and to enforce health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, the State of Tennessee and Davidson County.

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.



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**SANCTION NUMBER: 25SEENSW12-13**

**HOST CLUB:** Ensworth Aquatics

**LOCATION:**

The Ensworth School  
7401 Highway 100  
Nashville, TN 37221

**FACILITY:**

The Ensworth School offers a 10-lane, 25-yard competition pool, 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 competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.



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**PARTICIPANT T-SHIRT:**

All participating athletes and coaches in attendance are eligible to get a free Marshmallow Mini T-Shirt. T-Shirts will ***only be ordered for athletes and coaches for whom coaches have submitted order information.*** The deadline for the T-Shirt Order is November 18, 2025.

Parents are also welcome to pre-order a t-shirt at the cost of \$20. Payment for extra shirts will be rolled into the Team Entry Fee. Participating Teams will be responsible for that payment at the time of Check-In. The order deadline will be the same as above. Orders should be submitted in EXCEL format and the form must include:

- Athlete/Coach/Parent Name
- Athlete/Coach/Parent Team
- Athlete Age
- Designation of Athlete/Parent/Coach
- T-Shirt Size

*\*note image above is for information only. The actual shirt will be red.*



## **ENSWORTH AQUATICS**

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### **December 13, 2025**

#### **RULES:**

- Unless otherwise noted herein, this meet shall be conducted in accordance with current USA Swimming Rules and Regulations.
- Please note that use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- 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.
- 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 will be allowed on deck.
- Chairs are permitted on the balcony overlooking the pool, but must be placed against the back wall, **not against the railing**.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- Coaches must show either current USA Swimming membership card or deck pass at coaches check in and make them available throughout the meet at the request of officials.
- **12 & UNDER TECH SUITS:** No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet. A Technical Suit is one that has the following components:
  - a.) Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
  - b.) Any suit with woven fabric extending past the hips



- Swimmers attending the meet without a coach must communicate with the meet director before the start of the meet for warm up placement with the host team.
- In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Lifeguards will be on site during this event. Additional medical services will not be available on site.
- PARKING: A note will go to coaches just before the meet outlining parking and other facility information.



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**OFFICIALS:**

Meet Referee: Susan Hammond [shammond8@hotmail.com](mailto:shammond8@hotmail.com)

Meet Director: Lynne Falk [eaqmeets@gmail.com](mailto:eaqmeets@gmail.com)

Admin Official: Courtney Bahr [eaqmeets@gmail.com](mailto:eaqmeets@gmail.com)

Entries Chair: Zac Gammons [eaqmeets@gmail.com](mailto:eaqmeets@gmail.com)

All officials are welcome. Any officials planning on attending the meet and working some or all sessions should contact the Meet Referee. There will be an officials meeting 45 minutes prior to the meet. Attire for officials is white over navy, with white shoes.

**WARM UP & MEET START TIMES:**

Saturday December 13, 2025

- Warm-up: 10:30 a.m.
- Competition: 11:30 a.m.

**WARM UPS:**

Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet.

**ELIGIBILITY:**

USA Swimming registered athletes only may participate. Entries will not be accepted without current registration numbers. Coaches and officials must present evidence of certification (Card/DeckPass) as required by SES Swimming. A swimmer's age on the first day of the meet will determine the age for the entire meet. On deck USA Swimming registrations are not permitted.



## **ENSWORTH AQUATICS Marshmallow Mini December 13, 2025**

### **DISABILITIES:**

Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with entries. Coaches are asked to check-in before the meet with the Meet Director for any accommodations. (see attached Disabled Swimmer Form)

### **ENTRIES DEADLINE:**

Meet Entries, summary and release forms, and entry fees, including surcharges, must be received by the Entry Chair by 12:00 p.m. on **November 18, 2025**. No manual entries. All events will be pre-seeded.

Entries are to be submitted to:  
Meet Entries Chair: Zac Gammons  
Ensworth Aquatics  
[EaqMeets@gmail.com](mailto:EaqMeets@gmail.com)  
7401 Highway 100  
Nashville, TN 37221

*Note: Late entries will be accepted based on lane space availability, but are not guaranteed to receive a meet t-shirt.*

### **MEET FEES:**

\$9.50 per individual event, \$15 late entry per individual event. \$20 Facility Fee per athlete, \$4 SES Surcharge per athlete.

### **LIMITS:**

All athletes are limited to 4 individual events.

### **MEET FORMAT:**

This is a Timed Finals meet. All events will be pre-seeded. All races will be swum in a 25-yard course.

### **HEAT SHEETS:**

Only electronic heat sheets will be available. These will be available on the Ensworth Aquatics website in a printable format.

<https://www.teamunify.com/EventsCurrent.jsp?team=sees>



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**NOTE:**

HYTEK event file, psych sheet, timeline, results and other meet information will be posted on the Ensworth Aquatics website as it becomes available.

<https://www.teamunify.com/EventsCurrent.jsp?team=sees>

**SPECIAL NOTES:**

- Late entries will be accepted based on available lane space.
- There will be a clerk of course “bullpen” for 8&Under events only.

**EVALUATION:**

Please send any specific problems or concerns about the meet that are not resolved during the meet or to your satisfaction in writing immediately to the chairperson of Southeastern Swimming:

**Jon Boxmeyer [jboxmeyer@hotmail.com](mailto:jboxmeyer@hotmail.com)**





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**MEET EVENTS**

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
1	11 & 12 50 Freestyle	2
3	10 & Under 50 Freestyle	4
5	7 & 8 25 Freestyle	6
7	6 & Under 25 Freestyle	8
9	11 & 12 50 Backstroke	10
11	10 & Under 50 Backstroke	12
13	7 & 8 25 Backstroke	14
15	6 & Under 25 Backstroke	16
17	11 & 12 50 Breaststroke	18
19	10 & Under 50 Breaststroke	20
21	8 & Under 25 Breaststroke	22
23	11 & 12 50 Butterfly	24
25	10 & Under 50 Butterfly	26
27	8 & Under 25 Butterfly	28
29	11 & 12 100 IM	30
31	10 & Under 100 IM	32



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

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Team \_\_\_\_\_ USA Registration # \_\_\_\_\_ 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.

\_\_\_\_\_

Information gathered on this form will only be used for swimmers accommodation during the meet, and forwarded to the SE LSC Disability chair for purposes of evaluation and tracking swimmers attendance and performance.

The Disability Chair and meet management welcome any feedback and or comments concerning your meet experience.

Disability Chair: Shantel Perry [southeasternswimming@hotmail.com](mailto:southeasternswimming@hotmail.com)  
Meet Referee: Susan Hammond [shammond8@hotmail.com](mailto:shammond8@hotmail.com)  
Meet Director: Lynne Falk [eaqmeets@gmail.com](mailto:eaqmeets@gmail.com)  
Entries Chair: Zac Gammons [eaqmeets@gmail.com](mailto:eaqmeets@gmail.com)



## 2025 WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

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

.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 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.

All swimmers, coaches, meet directors and officials involved with USA Swimming competition must be registered.

I 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. Ensworth Aquatics, 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:	
Print Name:	
Title:	
Phone:	
Club:	Date:



## TEAM ENTRY FORM

Club Name \_\_\_\_\_

Address \_\_\_\_\_

LSC \_\_\_\_\_ Head Coach \_\_\_\_\_

Contact Person \_\_\_\_\_

Email \_\_\_\_\_ Fax # \_\_\_\_\_

Coaches Attending

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Number of Attached Swimmers \_\_\_\_\_

Number of Unattached Swimmers \_\_\_\_\_

**Total # of Swimmers** \_\_\_\_\_

### SUMMARY OF FEES

*Make checks payable to: The Ensworth School, Attn: Ensworth Aquatics*

# of Swimmers: \_\_\_\_\_ X \$4.00 SES Surcharge = \$ \_\_\_\_\_

# of Events: \_\_\_\_\_ X \$9.50 per event Entry Fee = \$ \_\_\_\_\_

# of Athletes: \_\_\_\_\_ X \$20.00 per athlete Facility Fee = \$ \_\_\_\_\_

# of Events: \_\_\_\_\_ X \$15.00 per event Late Entry Fee = \$ \_\_\_\_\_

**TOTAL DUE: \$** \_\_\_\_\_