



**SOUTHEASTERN REGION 1
and
8-UNDER
CHAMPIONSHIP**

**Short Course Yards
February 21-22, 2026
Centennial Sportsplex
222 25th Avenue North
Nashville, TN 37203**

Hosted by: Excel Aquatics





**2026 SOUTHEASTERN REGION 1 & 8-UNDER
SHORT COURSE CHAMPIONSHIPS - February 21-22, 2026
Timed Finals Meet hosted by Excel Aquatics**

This meet is held under the sanction of USA Swimming and will be conducted under the auspice of Southeastern Swimming, Inc. of USA Swimming. USA Swimming technical and administrative rules will be followed in addition to items specifically addressed in the meet information. In applying for the sanctioned meet on February 21-22, 2026, Excel Aquatics agrees to comply with and to enforce health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, the State of Tennessee, and Davidson County.

Sanction # 26SEXCEL2-21

Time Trial # 26SEXCEL2-21TT

HOST CLUB: Excel Aquatics
LOCATION: Centennial Sportsplex – 222 25th Ave N., Nashville, TN 37203
DATES OF MEET: February 21-22, 2026
ENTRY DEADLINE: Wednesday, February 11, 2026

MEET REFEREE:	Jacqui Wright	Officials@excelaquatics.org	562-713-8874
ADMIN OFFICIAL:	Chris Ford	chrisford1979@yahoo.co.nz	615-428-7962
MEET DIRECTOR:	Lori Biller	tlbiller@comcast.net	615-418-4425
MEET ENTRIES:	JJ Langhals	entrychair@excelaquatics.org	419-615-7557

FACILITIES & TIMING

Centennial Sportsplex - 1-615-862-1557 - 222 25th Ave N., Nashville, TN 37203

The Indoor 50-meter by 25-yard competition pool offers dual 8 nine-foot-wide lanes with a 7 ft minimum and a 14 ft maximum depth, 6-inch competitor non turbulent lane lines, and a Colorado Timing System with an 8-lane scoreboard on both courses. Manual back up will be used. The facility also houses a separate 6 lane, 25-yard warm-up/warm-down pool, and has seating for 1500 spectators. The competition course has been certified in accordance with USA Swimming Rules 104.2.2C(4).

ELIGIBILITY

Age groups are: 8&U, 10&U, 11-12, 13-14, and Senior. All participants must be USA Swimming registered athletes per Article 302 and a member of Southeastern Swimming. 9 and over age athletes must be a member of a Region 1 team. Entries will not be accepted without current registration numbers. Entries listed as "registration applied for" will not be accepted. There will be NO on-deck USA Registration available at this meet. The swimmer's age on the first day of the meet will determine his or her age for the entire meet. **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.** No coaches will be allowed on the pool deck without providing current USA Swimming Registration credentials.

SWIMMERS WITH DISABILITIES - Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with entries. Coaches are responsible for contacting the Meet Referee with specific requests by the entry deadline.

RULES & SAFETY

All USA Swimming and SES safety rules will be strictly enforced. As a sanctioned competitive event, USA Swimming athlete members must be under the supervision of an USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision. Insurance regulations require that all swimmers, coaches, judges, starters, and referees be a current member of USA Swimming, Inc. It is each club's responsibility to register their swimmers, coaches, and officials. Swimmers, coaches, and officials who are not current members of USA Swimming, Inc. may not participate in the meet nor be on the pool deck. Only meet workers, coaches, officials, and swimmers will be allowed on the pool deck. Coaches must be able to access their current USA Swimming coaching credential at all times. The Meet Referee reserves the right to ask for coaching credentials and/or deny deck access if the coach does not comply or the credentials are no longer valid/current. No glass containers or bottles are allowed inside the facility at any time. No running or horseplay will be tolerated. **MEDICAL SUPERVISION:** For the safety of all athletes, coaches, officials, and spectators at the meet, the following medical supervision will be available throughout the competition: Lifeguards will always be present and act as first responders. Two AED devices are available: One is in the main lobby behind the desk, and one is located on the wall between the 2 pools. In the event of a serious injury or medical emergency, EMTs will be called.

SAFE SPORT

Current USA Swimming and Southeastern Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. All 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 MAAPP is a condition of participation in the conduct of this competition. The Southeastern Swimming Safety Program is in effect for this meet. Coaches are advised to closely always supervise their swimmers. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms or control rooms. Access to the main locker rooms is restricted to swimmers only. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms or behind the blocks. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. Deck changes are prohibited. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach area, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. No team, parent, or press photographers will be permitted on deck unless they have been issued a credential by the Meet Director.

MEET FORMAT

All events will be Timed Finals. This meet shall serve as the Southeastern Swimming Short Course Championships for 8 & Under swimmers. The host team reserves the right to adjust pool designations for age groups or genders, as well as start times, to run the meet more smoothly. Breaks may be added at the Meet Referee's discretion. All events will be pre-seeded except the 500 Free, 1650 Free, 400 IM and all relays, which will be deck-seeded. Deck-seeded events will swim fastest to slowest. Relay cards will be available at check-in and must be filled out and turned into the Admin by the end of the session warm-up.

LIMITATIONS

The meet host reserves the right to conduct the meet in one, two, or three sessions per day and in one or two pools based upon the number of entries. Further, the meet host may change the start time of any session. If this decision is made, all teams will be notified of the new start time and schedule of events.

ENTRIES

A swimmer may enter and swim **four (4)** individual events per day. Time Trials count as one of the events allowed. For the 8-under Championships, only 8-under events will be counted for scoring. **9 & Over swimmers can only swim in events that they DO NOT have Southeastern Qualifying times.** Entry times should be in Short Course Yards (SCY). E-mailed entries and/or printouts must be received by the Entry Chairperson on or before 11:59pm Wednesday, February 11, 2026. Entry fees and summary/release sheets may be brought to the meet and turned in at the coaches check-in. Make all checks payable to Excel Aquatics. All fees must be received by Sunday, February 22. Late entries will only be allowed on a lane available basis in the event corresponding to the age and gender of the athlete up until Sunday, February 22, 2026. The late entry deadline is 30 minutes prior to the session start time. All entry fees are non-refundable.

Completed entries must be submitted as a .sd3 or a .zip file by e-mail to:

JJ Langhals – SES Region 1 Entry Chair – c/o Excel Aquatics

920 Heritage Way, Brentwood, TN 37027

entrychair@excelaquatics.org - Please include the words “SES Region 1” in the subject line of all emails

ENTRY FEES

Individual Events: \$9.50 per event

Relay Events: \$18.00 per relay

SES Surcharge: \$4.00 per athlete

Facility Surcharge: \$20.00 per athlete

Time Trial Fees: \$9.50 per event

EMAIL ENTRIES

The following guidelines must be followed for email entries:

1. Official entry forms are due by Wednesday, February 11, 2026.
2. The email entry must be zipped so that it arrives to the Entry Chair intact.
3. The club's entire entry must be sent in one email. Do not flood the Entry Chair with several emails.
4. Once submitted, please allow the Entry Chair time to review your submission.
5. Updating entry times is acceptable, but no new entries can be submitted.
6. Entry fees may be turned in at the coaches check-in. Entry fee deadline is February 22, 2026.
7. All teams are to fill out the enclosed Team Information Form, including the names and contact numbers for all registered officials that are willing to serve as a meet official during the weekend.

ENTRY DEADLINE

The entry deadline will be Wednesday, February 11 at 11:59pm CDT.

Completed entries should be submitted via e-mail to:

Excel Entry Chair, JJ Langhals at entrychair@excelaquatics.org

Completed forms and fees should be mailed to:

Excel Entry Chair
920 Heritage Way, Brentwood, TN 37027

FORMS FOR ENTRY

The following forms are included as an integral part of this meet invitation and are required for entry:

- SES Waiver, Acknowledgement and Liability Release Form
- Team Information Form and Summary of Fees
- SES Information Form for Disabled Swimmers
- Southeastern Swimming Warm-up Guidelines for General Warm-up

WARMUP AND COMPETITION TIMES

SESSION	WARM-UP	COMPETITION
Saturday 10 & under	9:45am-10:15am & 10:15am-10:45am	11:00am
Saturday 11 & over	At the conclusion of morning session	15 min after the end of warm-ups
Sunday 10 & under	7:30am-8:00am & 8:00am-8:30am	8:45am
Sunday 11 & over	At the conclusion of morning session	15 min after the end of warm-ups

MEETINGS

- Coaches meeting will be at 10:45am Saturday, February 21, 2026, in the Hospitality Room.
- Officials briefing will be in the Officials meeting room one hour prior to start of each session.
- Timers meeting will be 25 minutes before each session.
- All coaches are required to check in at the Admin Table and show their coaching credentials.
- All Officials will present their credentials to the Meet Referee at sign-in.

DECK SEEDED EVENTS AND SCRATCH PROCEDURES

Swimmers must positive check-in at the Admin Table for all deck-seeded individual events. Positive check-in deadlines are as follows:

SESSION	EVENT	DEADLINE
Sat AM	10 & Under 500 Free	10:30 am
Sat PM	11-12, 13-14, and Open 500 Free	30 min prior to session start
Sun PM	13-14 and Open 400 IM, 1650 Free	30 min prior to session start

Swimmers who do not check-in at the Admin Table by the deadline will be able to compete but will be seeded with NT. Check-in sheets will be posted prior to the start of warm-ups and will be removed at the above times. Only the swimmer or his/her coach may check-in or scratch a swimmer. If swimming a positive check-in event, the swimmer or his/her coach must place their initials next to the swimmer's name. If scratching the event, the swimmer or coach shall draw a line through the swimmer's name and place their initials next to the swimmer's name. Heat sheets with lane assignments for the positive check-in events will be posted in the pool area as soon as all scratches have been completed.

TIME TRIALS

Time Trials may be held at the conclusion of any session at a coach or swimmer's request AND the Meet Referee's concurrence. Time trials can only be for events in which the swimmer DOES NOT have a Southeastern Swimming Qualifying Time. The \$9.50 Time Trial fee must be paid at signups. Sign-up deadlines for time trials will be announced at the meet. Time Trials will not be available for swimmers not already entered in the meet.

12 & UNDER TECHNICAL SUITS

Technical suits may not 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:

- Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- Any suit which includes any woven fabric, and which extends past the hips.

WARM-UP PROCEDURES

Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet. Continuous warm-up/warm-down will be available in a 25-yard warm-up/warm-down pool. Warm-up assignments will be posted on the Meet Event Page and on deck prior to the start of the meet warm-up. Alternatively, warm-ups will be conducted as open warm-ups with dedicated pace and sprint lanes announced as the need occurs. Swimmers attending the meet without a coach must report to the Meet Director or Meet Referee to be assigned a coach for warm-up prior to each session unless their coach has submitted a Swimmer Assignment form prior to the meet.

RELAYS

Relays will be swum for the 10-under age groups only. Relay cards must be turned into the Admin 30 minutes prior to session starting. Swimmers must be listed in the order in which they will swim. Any changes in the names of the swimmers or their order of swimming must be declared to the Admin Table prior to the event in which the relay is entered.

SCORING

Individual Events 1-8 (all age groups): 9-7-6-5-4-3-2-1

Relay Events 1-8 (10 and under age groups): 18-14-12-10-8-6-4-2

AWARDS & RESULTS

Please have someone present to pick up awards at the end of the meet. Awards will not be mailed. Results will be posted during the meet on Meet Mobile and on the Excel Aquatics website.

8 & Under Events:

- Large Medals will be given for 1st-3rd place for individual events and 1st place for relays.
- Small Medals will be given for 4th-8th place for individual events and 2nd-4th for relays.
- “Best All Around” plaques awarded to the top scoring girl and boy based on total individual points.
- Plaques awarded to age group team champions of each gender based on total individual points and the single highest-ranking relay.

9-10, 11-12, 13-14, and Open Events (Ages 18-under only):

- Medals will be given for 1st-3rd place for individual events.
- Ribbons will be given for 4th-8th place for individual events and 1st-4th for 9-10 relays.

OFFICIALS

Visiting officials are welcome and encouraged to participate. Please email Jacqui Wright at Officials@excelaquatics.org with your level of certification and sessions desired. Dress code is white polo shirt, navy pants/shorts/skirt, and white shoes, or white polo shirt, black pants/shorts/skirt and black shoes for all sessions. Officials' briefings take place in the hospitality room 1 hour prior to the start of each session. Credentials will be checked using the USA Swimming App.

COACHES CORNER

There will be a coaches meeting at 10:45am on Saturday, February 21 in the Hospitality Room. No swimmers will be allowed in the pool during this time. Competition will not start until after the conclusion of the coaches meeting. When picking up the team packet, coaches will be asked to show valid coaches credentials. No coaches will be allowed on the pool deck without providing current USA

Swimming Registration Credentials indicating full coaching privilege. Coaches are asked to ensure that the Host Team has a completed Team Information sheet with the lead deck coach's cell phone number listed. Coaches expecting to have swimmers participating in a session that the coach will not be attending are asked to complete a Swimmer Assignment form in advance of the session and send it to the Meet Referee and Meet Director by email. Please pick up all awards at the end of the meet.

SPECTATORS

Admission is free. The natatorium has seating for 1500 spectators. No outside food or coolers are allowed inside the pool area. Spectators must comply with all signs or verbal directions from meet officials and marshals limiting or restricting the use of certain areas for seating or standing. Event t-shirts will be available for purchase. No smoking, chewing tobacco products or vaping is allowed. Athletes swimming the 1650 may be asked to provide their own timer, depending on the timeline. Under NO circumstances will video or still photography be allowed in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes". This includes relay starts. See the "cheat sheet" on the Excel Aquatics event page for more information.

PSYCH SHEETS & HEAT SHEETS

Psych sheets will be available online at www.excelaquatics.org by the Wednesday prior to the meet. Heat sheets will be available online at www.excelaquatics.org the day before the meet and will be posted at the meet on deck and in the hallway. **Heat sheets will NOT be sold at the meet.**

HOSPITALITY

Breakfast and lunch will be provided for coaches and officials.

CONCESSIONS

Concessions will be sold on site.

PARKING:

There are two parking lots available for the meet. There is also a parking garage nearby and parking on the street. Enter the pool through the main entrance. Pool fire exit doors will not be used for entrance.

RECYCLING

Excel Aquatics is supporting the SES Recycling Initiative at its hosted meets. Please look for additional information posted at the swimming venue and assist Excel Aquatics with the initiative.

MEET EVALUATION

Please send comments, suggestions or evaluations concerning this meet to
John Boxmeyer, General Chairman, at jboxmeyer@hotmail.com



2026 Southeastern Region 1 Short Course Championships

Session 1: Saturday, February 21, 2026

10 & Under AM

Warm-ups: 9:45am

Competition Starts: 11:00am

GIRLS	EVENT	BOYS
101	8 & Under 100 Freestyle	102
103	10 & Under 200 Freestyle	104
105	8 & Under 25 Backstroke	106
107	10 & Under 50 Backstroke	108
109	8 & Under 50 Butterfly	110
111	10 & Under 100 Butterfly	112
113	8 & Under 50 Breaststroke	114
115	10 & Under 100 Breaststroke	116
117	8 & Under 25 Freestyle	118
119	10 & Under 50 Freestyle	120
121	10 & Under 100 IM	122
	Break: 5 minutes	
123	8 & Under 100 Freestyle Relay^	124
125	10 & Under 200 Freestyle Relay^	126
	Break: 5 minutes	
127	10 & Under 500 Freestyle*	128

^Relay cards due by 10:30am.

*Deck-seeded event; Positive Check-in by 10:30am. Event will swim fastest to slowest.

Breaks may be added at the discretion of the Meet Referee





2026 Southeastern Region 1 Short Course Championships

Session 2: Saturday, February 21, 2026
11 & Over PM

Warm-ups: At the conclusion of the AM session

Competition Starts: 15 Minutes after warmups end

GIRLS	EVENT	BOYS
129	11-12 200 Freestyle	130
131	13-14 200 Freestyle	132
133	Open 200 Freestyle	134
135	11-12 50 Backstroke	136
137	13-14 100 Backstroke	138
139	Open 100 Backstroke	140
141	11-12 100 Breaststroke	142
143	13-14 50 Breaststroke	144
145	Open 50 Breaststroke	146
147	13-14 200 Breaststroke	148
149	Open 200 Breaststroke	150
151	11-12 50 Butterfly	152
153	13-14 100 Butterfly	154
155	Open 100 Butterfly	156
157	11-12 100 IM	158
159	13-14 200 IM	160
161	Open 200 IM	162
	Break: 10 Minutes	
163	Open 500 Freestyle*	164

*Deck-seeded event; Positive Check-in deadline 30 minutes prior to session start. 11-12, 13-14 and Open will swim together and be scored separately. Event will swim fastest to slowest.





2026 Southeastern Region 1 Short Course Championships

Session 3: Sunday, February 22, 2026

10 & Under AM

Warm-ups: 7:30am

Competition Starts: 8:45am

GIRLS	EVENT	BOYS
201	8 & Under 100 IM	202
203	10 & Under 200 IM	204
205	8 & Under 25 Breaststroke	206
207	10 & Under 50 Breaststroke	208
209	8 & Under 25 Butterfly	210
211	10 & Under 50 Butterfly	212
213	8 & Under 50 Freestyle	214
215	10 & Under 100 Freestyle	216
217	8 & Under 50 Backstroke	218
219	10 & Under 100 Backstroke	220
	Break: 5 minutes	
221	8 & Under 100 Medley Relay^	222
223	10 & Under 200 Medley Relay^	224

[^]Relay card deadline is 30 minutes prior to session start.





2026 Southeastern Region 1 Short Course Championships

Session 4: Sunday, February 22, 2026
11 & Over PM

Warm-ups: At the conclusion of the AM session

Competition Starts: 15 Minutes after warmups end

GIRLS	EVENT	BOYS
225	11-12 200 IM	226
227	13-14 400 IM*	228
229	Open 400 IM*	230
231	11-12 50 Freestyle	232
233	13-14 50 Freestyle	234
235	Open 50 Freestyle	236
237	11-12 100 Butterfly	238
239	13-14 50 Butterfly	240
241	Open 50 Butterfly	242
243	13-14 200 Butterfly	244
245	Open 200 Butterfly	246
247	11-12 50 Breaststroke	248
249	13-14 100 Breaststroke	250
251	Open 100 Breaststroke	252
253	11-12 100 Backstroke	254
255	13-14 50 Backstroke	256
257	Open 50 Backstroke	258
259	13-14 200 Backstroke	260
261	Open 200 Backstroke	262
263	11-12 100 Freestyle	264
265	13-14 100 Freestyle	266
267	Open 100 Freestyle	268
269	Open 1650 Freestyle**	270

*400 IM - Deck-seeded event; Positive Check-in deadline 30 minutes prior to session start.

**1650 Free - Deck-seeded event; Positive Check-in deadline 30 minutes prior to session start. 13-14 and Open will swim together and be scored separately. Event will swim fastest to slowest.



UNACCOMPANIED SWIMMER COACHING ASSIGNMENT FORM
Held under the sanction of USA Swimming

Name of Meet: _____

Date(s): _____

The following swimmers from _____ (swimmer's team) will not be accompanied by a team coach and therefore I request that the Meet Referee/Meet Director assign them to a coach for all purposes during the meet sessions on the dates noted above. Each of the swimmers listed below are certified as proficient in performing a racing start unless specifically noted otherwise (non-certified swimmers must start each race from within the water).

Coach's Signature

Date

Swimmer's Names:

I agree to act as coach for the above-named swimmer(s) during the pre-meet practice, warm-up, and competition.

Assigned Coach's Signature

Date

Assigned Coach's Team Name

SOUTHEASTERN LSC INFORMATION FORM FOR SWIMMERS WITH A DISABILITY

This non-mandatory form is for accommodation purposes.

Swimmer's name: _____

Address: _____

Team: _____

USA Registration #: _____

Age and date of birth: _____

Events: _____

Type of Disability: Blind Deaf Cognitive/Intellectual Physical Other

Extent of disability:

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

Accommodations requested:

Information gathered on this form will only be used for the swimmer's accommodation during the meet and forwarded to the SE LSC Disability Chair for purposes of evaluation and tracking swimmer's attendance and performance. The Disability Chair welcomes any feedback or comments concerning your meet experience.

Meet Director

Lori Biller

tlbiller@comcast.net

Meet Referee

Jacqui Wright

officials@excelaquatics.org

Disability Chair

Shantel Perry

shantelleigh@gmail.com



2026 SES REGION 1 AND 8-UNDER CHAMPIONSHIP WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE Held under the Sanction of USA Swimming

I, the undersigned coach, or team representative, verify that all the swimmers and coaches listed on the enclosed entry are registered with USA Swimming and in compliance with required certifications. 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. EXCEL AQUATICS, the Nashville Metro Parks & Recreation Department, the Centennial Sportsplex, Southeastern Swimming, Inc. and USA Swimming, Inc., their agents, officers, representatives, volunteers, 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 my team's swimmers to be published on the internet in the form of social media, psych sheets, meet results or any other documents associated with the running of this meet. 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 conduct of the event.

I further acknowledge my understanding of the following USA Swimming rule regarding registration:

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.

302.3 - 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.

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

TEAM INFORMATION-Held under the Sanction of USA Swimming

CLUB NAME:		INITIALS:
ADDRESS:		
LSC:	HEAD COACH:	
CONTACT PERSON:		PHONE NUMBER:
FAX NUMBER:	CELL PHONE:	EMAIL:
COACHES ATTENDING:	1.	
	2.	
	3.	
	4.	
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 \$4.00 SES SURCHARGE =	
NUMBER OF SWIMMERS:		X \$20.00 FACILITY SURCHARGE =	
NUMBER OF IND. EVENTS:		X \$9.50 PER EVENT ENTRY =	
NUMBER OF RELAYS		X \$18.00 PER RELAY TEAM =	
TOTAL DUE:			

CONSOLIDATED ENTRY FORM

Times should be in **SHORT COURSE YARDS**

Please duplicate as needed		EVENT #	EVENT NAME	BEST TIME	EVENT #	EVENT NAME	BEST TIME
NAME OF SWIMMER							
USAS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USAS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USAS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USAS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USAS REGISTRATION NO.							
DATE OF BIRTH	SEX						



Southeastern Swimming - Meet Safety Guidelines and Warm-up Procedures

A. Coach's responsibilities

1. Coaches shall instruct swimmers regarding swimming safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and at all practices.
3. Coaches should stand near the starting end the pool when starting swimmers on swim or pace work.

B. Host team responsibilities

1. **Marshaling**
 - a. A minimum of two (2) marshals, one of each gender, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session.
 - b. Whenever a sprint lane is opened an additional marshal must be assigned to that lane's starting block.
 - c. Marshals shall 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.
2. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the meet information: "Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet."
3. Hazards in locker rooms, on the deck, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
4. All starting platforms shall be anchored to the deck or bulkhead to always remain stable in accordance with USA Swimming Rules.
5. All music played during warm-up times shall be kept at a low (background) level that will allow coaches and marshals to communicate with the athletes. The volume of the music may be turned up after the pool is cleared, and before the start of the meet to raise the excitement level for the competition.

C. Safety Guidelines

1. Swimmers shall enter the water feet first from the ends of the pool at all times during the warm-up session. Entering from the sides of the pool is forbidden.
2. Swimmers shall not wear swim fins, hand paddles or any other equipment that could injure other swimmers or damage equipment (touch pads). The use of soft swim mitts is permissible.
3. Swimmers shall swim in a circular pattern during general warm-up.
4. Practice starts from the blocks are only permitted in designated sprint lanes under the direct supervision of the coach.
5. Backstroke swimmers shall insure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroke swimmer waiting to start.
6. Warm-up Procedures when teams are assigned to specific lanes.
7. Participating teams shall be assigned to specific lanes for the warm-up period based on the number of participants.

- a. The coaches of the teams assigned to each lane shall determine the warm-up procedure for that lane. Procedures must adhere to USA Swimming safety rules.
- b. Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner.
- c. Warm-ups may be segregated by gender, by age group or any mixture of the two in order to keep the number of swimmers warming up as equal as possible.
- d. The host club may choose to divide the teams into different warm-up sessions in order to have an entire team warmup together. In this case, teams should be assigned to “early” and “late” warm-up sessions on different days so that no team has an advantage over another.