

2024 TNAQ JANUARY INVITE

January 5-7, 2024

USA SWIMMING SANCTION #: 24SETNAQ1-5 USA SWIMMING TIME TRIAL SANCTION #: 24SETNAQ1-5TT

COMBINED MEET:

This short-course yards (SCY) meet is a dual sanctioned meet. This meet is Sanctioned by USA Swimming and United States Masters Swimming as a combined meet, meaning that USA Swimming and USMS swimmers will be seeded based on time, not membership organization and without specific lanes allocated to one organization or the other. This meet is sanctioned by Southeastern Masters Swimming for United States Masters Swimming, Inc.

HOST CLUB: Tennessee Aquatics

LOCATION: Allan Jones Intercollegiate Aquatic Center
University of Tennessee
2200 Andy Holt Avenue
Knoxville, Tennessee 37996

VENUE: Allan Jones Intercollegiate Aquatic Center: An eight-lane 50-meter by 25-yard competition pool divided by a single 4-foot-wide bulkhead, creating two 25-yard pools. The pool is outfitted with Omega - OSB11 starting blocks (28 inches above the water surface) with adjustable footrest wedges with extended platform surface. Additionally, retractable backstroke wedges may be attached. Pool depth is 8 feet at each end, 9 feet in the center. Lanes are 9 feet wide formed by 6-inch Competitor Lane markers. Warm-up/warm-down pool is located adjacent to the competition pool, with a minimum of two separate 25-yard warm-up/ warm-down lanes available. Seating is available for 1,284 spectators in the balcony overlooking the pool. Only coaches, athletes, officials, and other required meet personnel are permitted on the pool deck. Locker rooms are adjacent to the pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Additionally, the length of the competition course is in compliance and on file with USMS in accordance with USMS articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

TIMING: Omega - Swiss Timing electronic timing system and Daktronics scoreboard.

OFFICIALS:

Meet Referee:	Nick Hall, nicolashall55@gmail.com
Admin Official:	Sherren Chadwell, robsherren@hotmail.com
Meet Director:	Jim Nickell, meetentries@tnaquatics.com , 970-980-1994 Derek Paul

Visiting officials are welcome. All officials must wear current USA membership card while on deck and must present current Officials certification card to Meet Referee at check-in. Please contact Nick Hall, nicolashall55@gmail.com with level of certification and sessions you desire to work. White over khaki will be the uniform for all sessions.

RULES: USA Swimming Rules and Regulations will govern the conduct of this meet and will serve as the official guide for technical and procedural rules, except where otherwise noted. USMS athletes will be judged according to the technical rules of USMS. It is the swimmers' and coaches' responsibility to acquaint themselves with the meet information. Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.

SEEDING: All events 400 yards/meters or longer will be deck seeded and swum fastest to slowest. Positive check in and positive scratch for events will be determined and announced to teams entering the meet by Tuesday, January 2, 2024.

ENTRY LIMITS: Swimmers are limited to a total of NINE (9) events for the meet. Swimmers are limited to ONE (1) individual event on Friday evening. Swimmers may enter up to FOUR (4) individual events per day on Saturday and Sunday.

ENTRIES: The meet host reserves the right to limit and/or eliminate relays and/or limit heats in any events to run the meet within the time allocated or anticipated. There will be no USA Swimming On-deck membership registration available. The swimmer's age on the first day of the meet will determine the age for the entire meet. Late entries will be accepted only at the Meet Director's discretion and only on an open lane basis. Final results will be posted at the conclusion of the meet on the TNAQ website: www.tnaquatics.com. Entries are due by Tuesday, January 2, 2024.

ENTRY TIMES: Enter with best SHORT COURSE YARDS times achieved in competition or time trial. Entry times should be in hundredths. Conversions are not permitted.

ENTRY FEES:	Individual event	----	\$11.00
	Relay	----	\$22.00
	Facility Fee per swimmer	----	\$25.00
	SES Swimmer Surcharge	----	\$4.00

Make checks payable to "Tennessee Aquatics".

ENTRIES FOR SWIMMERS WITH DISABILITIES:

Swimmers with disabilities are welcome and must complete the "Information Form for Disabled Swimmers" and return it with your entry fee summary.

**Also, inform the entry chair of any accommodations that need to be made when submitting entries by email, meetentries@tnaquatics.com*

CHECK-IN: Swimmers/Teams must check-in at the Clerk of Course for deck-seeded events as per the stipulation for that event as listed in the Order of Events. Swimmers are encouraged to check-in at the beginning of each day. Communication will be sent prior to the meet on events that require check-in.

SCRATCHES: Swimmers entered in an individual event 400 yards or longer, who have checked in for that event, must swim in the event unless they notify the Clerk of Course (before seeding for that event has been done) that they wish to scratch. Failure to scratch a deck seeded event, prior to seeding, and then not swimming the event will result in the swimmer being barred from the next individual event in which they are entered, whether it is that day or the next day.

SCORING: The meet will be scored both individually and by team.
Individual Events: 9-7-6-5-4-3-2-1 (1st through 8th place respectively).

AWARDS: There will be ribbons for top eight finishers in individual events: 8&U, 9-10, 11-12.
There will be highpoint awards for the top point scorer in 13-14 and Senior age groups Girls and Boys.

USMS RECORDS: Times will be submitted for USMS records and USMS Top 10 consideration. It is the responsibility of any swimmer who believes they have set a USMS record to inform the Meet Director as soon as possible.

TIMERS: Participating teams will be asked to help provide volunteers to time the meet.

PARKING ON THE UNIVERSITY of TENNESSEE CAMPUS:

Parking will be available in the G7 garage for \$10 per car per day. The G-7 garage is directly across from the facility on the North side of Andy Holt Ave. **There are no longer any meter spots on Volunteer Ave.** If you choose not to park in the designated areas you are parking at your own risk and could be subjected to being towed, ticketed, or having your car booted.

USE OF AUDIO/VISUAL/DRONES:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, on deck, in the rest rooms or locker rooms. 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.

SUIT, DECK CHANGE RULE and CHANGING AREAS:

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Swimmers may change in the locker rooms located on the pool deck level. Swimmers should not suit change in public restrooms on the upstairs level. The swimmer must wear only one swimsuit in one of two pieces, except as provided in 205.10.1. All swimsuits shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. No technical suits shall be worn by any 12 and Under USA Swimming athlete member in competition at any sanctioned, approved, or observed meet. Note - 102.8.F.

MEDICAL SUPERVISION:

For the safety of all athletes, coaches, officials, and spectators at the meet, the following medical supervision may be available throughout the competition: Lifeguards will always be present and act as first responders. AED devices are available and located both on deck and in the stands. In the event of a serious injury, EMTs will be called.

WARM-UP RULES:

Southeastern Swimming, Inc. safety guidelines and warm-up procedures will be in effect. TNAQ will assign warm-up times and will communicate with teams prior to the meet. USMS athletes will be provided specific warmup lane(s) only for USMS athletes.

A. General Warm-up

1. NO DIVING OR RACING STARTS ALLOWED FROM BLOCKS OR EDGE OF POOL. Swimmers must enter feet first in a cautious manner.
2. No sprinting or pace work allowed during the general warm-up session.
3. All lanes to be used for general warm-up.

B. Specific warm-up

Tennessee Aquatics may offer specific warm-up times and this will be communicated with all teams several days prior to the start of the meet. If specific warmup is offered, anticipated assignments are below:

	(8 lanes)	(9 lanes)
1. OPEN/PACE	Lanes 1 and 8	Lanes 1 and 9
2. SPRINTS	Lanes 2, 3, 6, 7	Lanes 2, 3, 7, 8
3. GENERAL	Lanes 4 and 5	Lanes 4, 5, 6

MEET EVALUATION:

You are encouraged to send a meet evaluation to the SES General Chairman: John Boxmeyer jboxmeyer@hotmail.com

2024 TNAQ January Invite

LAST NAME _____ FIRST NAME _____
 EMAIL _____
 POSTAL ADDRESS _____
 DAYTIME PHONE (____) _____ - _____ EVENING PHONE (____) _____ - _____
 BIRTHDATE _____ AGE AS OF 10/20/2023 _____
 USMS REGISTRATION NUMBER _____
 CLUB NAME _____ CLUB ABBREVIATION _____

Friday, JANUARY 5

Warm-ups at 4:30 p.m., Competition at 5:45 p.m.

Event No.	Entry Time		Entry Time	Event No.
WOMEN				MEN
3	_____	500 Free	_____	4

SATURDAY, JANUARY 6

Warm-ups at 12:00 p.m., Competition at 1:00 p.m.

WOMEN				MEN
37	_____	200 Free	_____	38
41	_____	100 Breast	_____	42
45	_____	100 Back	_____	46
49	_____	200 Fly	_____	50
53	_____	50 Free	_____	54
57	_____	400 IM	_____	58

SUNDAY, JANUARY 7

Warm-ups at 12:00 p.m., Competition at 1:00 p.m.

WOMEN				MEN
91	_____	200 IM	_____	92
95	_____	200 Back	_____	96
99	_____	100 Fly	_____	100
103	_____	200 Breast	_____	104
107	_____	100 Free	_____	108
111	_____	1650 Free	_____	112

ALL DECK ENTRY SWIMMERS MUST HAVE A CURRENT (2024) USMS MEMBERSHIP AND SIGN THE USMS LIABILITY RELEASE.



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and/or related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations, including the [Code of Conduct](#) and any safety regulations established by USMS. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (check) M <input type="checkbox"/> F <input type="checkbox"/>	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

Revised 09/21/2023