

2024 TNAQ JANUARY INVITE

January 5-7, 2024

SANCTION #: 24SETNAQ1-5 **TIME TRIAL SANCTION #:** 24SETNAQ1-5TT

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.

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

OFFICIALS:

Meet Referee:	Nick Hall, nicholashall55@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, nicholashall55@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. 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.

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. To follow this policy the UT Team locker room may be designated as only open to coaches and officials. All decisions regarding the use of the locker room by certain groups are subject to change at any time and are within the sole discretion of the Meet Director.

ELIGIBILITY: All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competitions are current 2023 members of their LSC and USA Swimming or World Aquatics. 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. 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.

CREDENTIALS: In accordance with Southeastern Swimming Rules, coaches and officials are required to show proof of current USA Swimming membership. All coaches must have completed the safety training as required by USA Swimming. All coaches are required to sign in with the Clerk of Course and/or all coaches must be prepared to show their coaching credentials at any time to the Meet Director and/or the Meet Referee.

SCHEDULE:	Friday, January 5		Warm-up:	4:30 PM*
			Competition:	5:45 PM*
	Saturday, January 6	12 & Under	Warm-up:	7:30 AM*
	Sunday, January 7		Competition:	8:35 AM*
	Saturday, January 6	13 & Over	Warm- Ups start immediately after 12 & Under session	
	Sunday, January 7		Estimate Warm-up 12:00 PM	

*Specific start time will be announced Tuesday January 2, 2024.

MEET FORMAT: Timed finals meet with events as set forth on the "Order of Events" (attached). Tennessee Aquatics reserves the right to limit ANY event to allow the meet to run in the allotted time. 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 of the time and schedule of events. This information will also be posted. Meet host will attempt to make any changes to the meet schedule by Tuesday January 2, 2024.

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. All participants must be USA Swimming registered athlete members and have current registration numbers listed in entry file. The entry fees and forms must be turned in at check in on Friday, January 5, 2024.

Entries must be received no later than **Saturday December 23, 2023**. All entries should be submitted by email: meetentries@tnaquatics.com. 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.

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. All individual entry times submitted must be in USA Swimming SWIMS database and will be reconciled with SWIMS.

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".

We prefer for teams to bring forms and fees with them on Friday, January 5, 2024.

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

TIME TRIALS: Time Trials will be conducted at the discretion of the Meet Referee.
Time Trials fees: \$15.00 individual \$30.00 relay.

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.

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.

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

TEAM ADDRESS:

We prefer for teams to bring forms and fees with them on Friday, January 5, 2024.

ENTRIES & FEES:

MUST BE RECEIVED NO LATER THAN **Saturday December 23, 2023.**

Covid 19 – Liability

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SOUTHEASTERN SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

EVENT SCHEDULE

FRIDAY, January 2, 2024, Session 1

Warm-up begins at 4:30 PM

Competition begins at 5:45 PM

Continuous warm-up/warm-down will be available in the DIVING WELL after competition begins.

Friday, January 5

Women	Session 1	Men
1	11-12 500 Freestyle	2
3	13 & Over 500 Freestyle	4

All events on Friday will be deck seeded. Check-in closes at 5:15 PM at the Clerk of Course. All events on Friday will be swum fastest to slowest. 13 & Over 500 Free will be seeded and swum together, but the results will be posted separately as 13 - 14 & Senior. The number of heats swum may be limited.

SATURDAY, January 6, 2024, Session 2

Morning Session Warm-up begins at about 7:30 am.

Competition begins at about 8:35 am.

Continuous warm-up/warm-down will be available in the DIVING WELL after competition begins.

Saturday, January 6		
Women	Session 2	Men
5	11-12 200 Butterfly*	6
7	10 & Under 100 IM	8
9	11-12 100 IM	10
11	8 & Under 50 Butterfly	12
13	10 & Under 50 Butterfly	14
15	11-12 50 Butterfly	16
17	8 & Under 25 Freestyle	18
19	10 & Under 100 Freestyle	20
21	11-12 100 Freestyle	22
23	8 & Under 50 Breaststroke	24
25	10 & Under 50 Breaststroke	26
27	11-12 50 Breaststroke	28
29	8 & Under 25 Backstroke	30
31	10 & Under 100 Backstroke	32
33	11-12 100 Backstroke	34
35	11-12 400 IM**	36

SATURDAY, January 6, 2024, Session 3

Afternoon Session Warm-up begins immediately following morning session.

Continuous warm-up/warm-down will be available in the DIVING WELL after competition begins.

Saturday, January 6		
Women	Session 3	Men
37	Senior 200 Freestyle	38
39	13-14 200 Freestyle	40
41	Senior 100 Breaststroke	42
43	13-14 100 Breaststroke	44
45	Senior 100 Backstroke	46
47	13-14 100 Backstroke	48
49	Senior 200 Butterfly	50
51	13-14 200 Butterfly	52
53	Senior 50 Freestyle	54
55	13-14 50 Freestyle	56
57	Open 400 IM	58

***Swimmers must have the B Time standard in the 100 Butterfly**

****Swimmers must have the B Time standard in the 200 IM**

SUNDAY, January 7, 2024, Session 4

Morning Session Warm-up begins at about 7:30 am.

Competition begins at about 8:35 am.

Continuous warm-up/warm-down will be available in the DIVING WELL after competition begins.

Sunday, January 7		
Women	Session 4	Men
59	10 & Under 200 Freestyle	60
61	11-12 200 Freestyle	62
63	8 & Under 25 Breaststroke	64
65	10 & Under 100 Breaststroke	66
67	11-12 100 Breaststroke	68
69	8 & Under 50 Backstroke	70
71	10 & Under 50 Backstroke	72
73	11-12 50 Backstroke	74
75	8 & Under 25 Butterfly	76
77	10 & Under 100 Butterfly	78
79	11-12 100 Butterfly	80
81	8 & Under 50 Freestyle	82
83	10 & Under 50 Freestyle	84
85	11-12 50 Freestyle	86
87	10 & Under 200 IM	88
89	11-12 200 IM	90

SUNDAY, January 7, 2024, Session 5

Afternoon Session Warm-up begins immediately following morning session.

Continuous warm-up/warm-down will be available in the DIVING WELL after competition begins.

Sunday, January 7		
Women	Session 5	Men
91	Senior 200 IM	92
93	13-14 200 IM	94
95	Senior 200 Backstroke	96
97	13-14 200 Backstroke	98
99	Senior 100 Butterfly	100
101	13-14 100 Butterfly	102
103	Senior 200 Breaststroke	104
105	13-14 200 Breaststroke	106
107	Senior 100 Freestyle	108
109	13-14 100 Freestyle	110
111	Open 1650	112

SOUTHEASTERN LSC
INFORMATION FORM FOR SWIMMERS WITH A DISABILITY

This non mandatory form is for accommodation purposes.

Name _____

Address _____

Team _____ USA Registration # _____

Age and 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

Meet, and forwarded to the SE LSC Disability chair for purposes of evaluation and

tracking swimmers' attendance and performance. The Disability Chair welcomes any

feedback and or comments concerning your meet experience.

Meet Director Email: meetentries@tnaquatics.com

Meet Referee Email nicholashall55@gmail.com

Disability Chair Email: robin@seastarsaquatics.com, Robin Heller: (850) 418-0645

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 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. Tennessee Aquatics, the University of Tennessee, Southeastern Swimming, Inc., and USA Swimming, Inc., 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 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.

- .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.

Additional COVID-19 Statement and Liability Release

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, SOUTHEASTERN SWIMMING, THE TENNESSEE AQUATICS CLUB, THE UNIVERSITY OF TENNESSEE, THE ALLAN JONES AQUATIC CENTER, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

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

SWIMMER ASSIGNMENT FORM

**2024 TNAQ Winter Invitational
January 5-7, 2024**

Name of Swimmer (s):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Name of swimmer's team: _____

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

Coach's Signature

Date

Coach's Team Name

TEAM INFORMATION

Club Name _____ Team Initials: _____

LSC _____ Head Coach _____ Cell Phone: _____

Contact _____ Phone _____ Fax _____

Coaches Attending _____ Email _____

Name Cell Phone Email

Name Cell Phone Email

Name Cell Phone Email

Name Cell Phone Email

Name Cell Phone Email

Swimmers Attending Attached _____ Unattached _____ Total _____

Summary of Fees

Individual Events _____ X Event Entry Fee \$11.00 = \$ _____

Number of Relays _____ X Relay Entry Fee \$22.00 = \$ _____

Total Swimmers _____ X Facility Fee \$25.00 = \$ _____

SES Surcharges \$ 4.00 X # Swimmers _____ = \$ _____

Total Due \$ _____

ENTRY FORM

Times should be in Short Course Yards Only

Please duplicate as needed

		EVENT #	EVENT NAME	BEST TIME	EVENT #	EVENT NAME	BEST TIME
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						