



2026
TYR
Mardi Gras Invite
Brentwood, TN
January 16-18, 2026

2026 TYR Mardi Gras Invite

Prelim/Final Meet hosted by Excel Aquatics

January 16-18, 2026

Sanction # 26SEXCEL1-16

Time Trial # 26SEXCEL1-16TT



This meet is held under the sanction of USA Swimming and will be conducted under the auspices 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 January 16-18, 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 Williamson County.

LOCATION

Williamson County Indoor Sports Complex - 920 Heritage Way, Brentwood, TN 37027

Parking is available in the main parking lot and overflow lots.

MEET MANAGEMENT

Meet Director	Lori Biller	TLBiller@comcast.net
Meet Referee	Laura DeMotte	Officials@excelaquatics.org
Admin Official	Laura Carrico	lcarrico@hotmail.com
Entry Chairperson	JJ Langhals	entrychair@excelaquatics.org

FACILITIES & TIMING

Two indoor 8-lane, 25-yard competition pools. Non-turbulent lane lines. 7-foot minimum, 10-foot maximum. Paddock racing blocks for all events. Fully automatic Daktronics electronic timing system and scoreboard with lane/time/place display. Manual back-up timers will be used. Continuous warm-up/warm-down pool. Spectator seating is provided for approximately 800 people. The competition course has been certified in accordance with USA Swimming rules 104.2.2C(4).

ELIGIBILITY

All participants must be USA Swimming registered athletes per Article 302. 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.

MEET ENTRY CRITERIA

Excel Aquatics has sole discretion to determine which entries to accept. In exercising this discretion, Excel Aquatics will consider strength of entry and level of competition, balance of age groups and gender in entries, and number of officials provided by team. Teams will be notified of their acceptance into the meet the day after the deadline closes. Each team entry file is their official request for invitation into the meet but does not guarantee acceptance.

SWIMMERS WITH DISABILITIES

Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with entries. The coach is responsible for contacting the Meet Referee with specific requests.

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 all officials. Swimmers, coaches, and officials who are not current members of USA Swimming, Inc. or are not in good standing, 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 may be available throughout the competition: Lifeguards will always be present and act as first responders and an AED device is available and located in the main lobby. In the event of a serious injury, 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 supervise their swimmers at all times. 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, or locker rooms. 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.

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.

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.

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. The \$15.00 fee must be paid at signups. Time Trial events count as one of the events allowed on a given day.

ENTRIES

All athletes may enter up to three (3) individual events per day. Time Trial events count as one of the events allowed on a given day.

Entry times should be in Short Course Yards (SCY). The required method of entry is email. Teams must submit their entry in a zipped file via email. A printed report including full name, USA number, event numbers, and entry times of all swimmers must be included with the entry. This report will serve as the official entry form. Individual entries and a signed release with fee summary must be mailed within 72 hours of the meet entry deadline.

On Deck entries will only be allowed on a lane available basis and must be entered in the event corresponding to the age and gender of the athlete. **On deck entries will only be accepted up until 30 minutes prior to the session start time.** No new heats will be formed. Accepted deck/lates will be charged \$15.00 per event. Pay immediately upon acceptance. All entry fees are non-refundable.

EMAIL ENTRIES

The following guidelines must be followed for email entries:

1. Official entry forms and all entry fees are due by Wednesday, January 7, 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. Please 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.

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.

FEES

\$10.25 per individual event (\$15.00 per late deck entry or time trial)

\$23.00 per swimmer facility surcharge

\$4.00 per swimmer SES surcharge

Please make checks payable to Excel Aquatics. All entry fees are nonrefundable.

ENTRY DEADLINE

The entry deadline will be Wednesday, January 7, 2026, at 11:59pm CDT.

Completed entries should be submitted via e-mail to:

Excel TYR Mardi Gras Entry Chair, JJ Langhals at entrychair@exelaquatics.org

Completed forms should be mailed to:

Excel TYR Mardi Gras 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
- Excel Aquatics Warm-up Guidelines for General Warm-up

MEET FORMAT

- All 13 & Over events will be Prelim/Finals except the 500 Free, 1000 Free, 400 IM and Fridays 13 & over 50 yard events.
- The 400 IM and 1000 Free will be deck seeded Timed Finals, swimming fastest to slowest alternating girls/boys. The 13-14 and 15 & up will swim these events together and be scored separately.
- The 500 Free will be deck seeded Timed Finals swimming slowest to fastest, alternating girls/boys.
- Sunday's 1000 Freestyle may be moved to its own session if the timeline deems it necessary. If so, it will be swum fast to slow, alternating women/men. The 13-14 and 15 & up will swim the 1000 together but be scored separately. Athletes swimming the 1000 must be prepared to provide their own timer if needed.
- All 11-12 events will be Prelim/Finals except the 200 Backstroke, 200 Breaststroke, 200 Butterfly, 200 IM and 500 Freestyle, which will be Timed Finals.
- The host club reserves the right to swim the 12 & Under sessions in one or two pools, based on accepted entries and timelines.
- All 10 & Under events will be Timed Final events except for the 50 Freestyle, 50 Backstroke, 50 Breaststroke and 50 Butterfly, which will be Prelim/Final events. The Top 8 swimmers of these 4 events will return for Finals.
- All preliminaries, except where noted, will be swum slowest to fastest.
- Finals will swim in one 8-lane course. Consolation finals will be swum in the 11-12, 13-14 and Open events except for events noted. The B heat will swim prior to the A heat in Finals.
- Breaks may be added during any session at the discretion of the Meet Referee.

SESSION	WARM-UP	COMPETITION
Friday PM Session	3:45pm-4:45pm	5:00pm
Sat & Sun 13 & Over Prelims	6:45am – 7:45am	8:00am
Sat & Sun 12 & Under Session	Immediately after AM Session	15 minutes after warmups end
Saturday & Sunday Finals	4:00-4:45pm	5:00pm

- An approximate timeline will be posted on the website prior to the meet.

DECK SEEDED EVENTS AND SCRATCH PROCEDURES

The 400 IM, 500 Free and 1000 Free will be deck-seeded events. Swimmers must positive check-in at the Admin table for all deck-seeded events. All deck-seeded events will swim fastest to slowest.

Positive check-in deadlines are as follows:

DAY OF EVENT	EVENT	DEADLINE
Friday	400 IM, 500 Free	4:30pm – POSITIVE CHECK-IN
Sunday	1000 Free	8:00am – POSITIVE CHECK-IN

Check-in sheets will be at the Clerk of Course table prior to the start of warm-ups and will be removed at the above times. Failure to properly check-in for events will result in being scratched from the event. 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.

SCRATCHES

The current Southeastern Championship Scratch Rules will be used during the meet. Swimmers qualifying for Finals or Consolation Finals must notify the Admin Official within 30 minutes of the announcement of the qualifiers for the final event that they are scratching from or intend to scratch from. Furthermore, if the athlete does not wish to compete in Finals in that event, the athlete or coach must scratch from Finals at the Admin table within 30 minutes following the posting of that event.

PENALTIES

Deck-Seeded Events: Failing to swim an event after a positive check-in will result in the swimmer being barred from his/her next event unless relieved for good cause by the Referee.

Failure to Swim Finals: Any swimmer failing to properly scratch and failing to compete in the Consolation Finals or Finals shall be barred from his/her next event unless relieved for good cause by the Referee.

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 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.

SCORING

Individual Events: 9-7-6-5-4-3-2-1 No Team scoring. No scoring for Consolation Finals.

AWARDS

Ribbons will be given for 1st-8th place for individual events for the 8&U, 9-10, and 11-12 year olds only.

OFFICIALS

Visiting officials are welcome and encouraged to participate. Please email Laura DeMotte 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 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

If needed, the coaches meeting will be in the hospitality room at 4:45pm on Friday, January 16, 2026. No swimmers will be allowed in the pool during this time. No coaches will be allowed on the pool deck without proof of current USA Swimming Registration indicating full coaching privilege. Deck Pass will be accepted as proof. Coaches, please make sure to take home all of your team awards. They will not be mailed.

SPECTATORS

Admission is free. Spectator seating is provided for approximately 800 people. Spectators are not allowed to hang out in the main hallway during the meet. 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.** No smoking, chewing tobacco products or vaping is allowed. **Athletes swimming the 1000 Free 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”. See the “cheat sheet” on the Excel TYR Mardi Gras event page for more information.

PSYCH SHEETS & HEAT SHEETS

Psych sheets will be available online at www.excelaquatics.org by the Tuesday prior to the meet. Heat sheets will be available online at www.excelaquatics.org the day before the meet. Heat sheets will not be sold at the meet.

RESULTS

Results will be posted on Meet Mobile and on the Excel Aquatics website.

HOSPITALITY

Meals and snacks will be provided for coaches and officials.

CONCESSIONS

Concessions will be sold on site.

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 TYR Mardi Gras Invite Order of Events

SESSION 1: Friday PM

Warm-up: 3:45PM

Competition: 5:00PM

Round	Women's Event #	Event	Men's Event #
Timed Final	113	Open 500 Freestyle	114
Timed Final	101	13 & Over 50 Butterfly	102
Timed Final	103	13 & Over 50 Backstroke	104
Timed Final	105	13 & Over 50 Breaststroke	106
Timed Final	107	12 & Under 200 IM	108
Timed Final	109	Open 400 IM	110

The 500 Free will be deck seeded Timed Finals swimming slowest to fastest, alternating girls/boys. Positive check-in at Admin Table by 4:30pm.

The 400 IM will be deck seeded Timed Finals, swimming fastest to slowest alternating girls/boys. The 13-14 and 15 & up will swim these events together and be scored separately. Positive check-in at Admin Table by 4:30pm

Breaks may be added at the discretion of the Meet Referee

SESSION 2: Friday PM 11-12 500 Freestyle

Warm-up: 3:45PM Competition: 5:00PM

Round	Women's Event #	Event	Men's Event #
Timed Final	111	12 & Under 500 Freestyle	112

The 12 & Under 500 Free will be deck seeded Timed Finals swimming slowest to fastest, alternating girls/boys. Positive check-in at Admin Table by 4:30pm. 8 & Under, 9-10 and 11-12 will swim together and be scored separately.



2026 TYR Mardi Gras Order of Events

SESSION 2: Saturday 13 & Over Prelims Warm-up: 6:45AM Competition: 8:00AM

Round	Women's Event #	Event	Men's Event #
Prelims	203	13-14 200 Backstroke	204
Prelims	205	Open 200 Backstroke	206
Prelims	209	13-14 100 Freestyle	210
Prelims	211	Open 100 Freestyle	212
Prelims	215	13-14 200 IM	216
Prelims	217	Open 200 IM	218
Prelims	221	13-14 100 Breaststroke	222
Prelims	223	Open 100 Breaststroke	224
Prelims	227	13-14 200 Butterfly	228
Prelims	229	Open 200 Butterfly	230

Breaks may be put in at the discretion of the Meet Referee.



2026 TYR Mardi Gras Order of Events

SESSION 3: Saturday 12 & Under Prelims

Warm-up: Immediately after the AM session

Competition: 15 minutes after the conclusion of warm-ups

Warm-up and Competition Times will be announced after the timeline is set.

Round	Woman's Event #	Event	Men's Event #
Prelims	201	11-12 100 Backstroke	202
Prelims	231	10 & Under 50 Backstroke **	232
Prelims	207	11-12 100 Freestyle	208
Timed Final	233	10 & Under 200 Freestyle	234
Prelims	213	11-12 100 IM	214
Timed Final	235	10 & Under 100 IM	236
Prelims	219	11-12 50 Breaststroke	220
Timed Final	237	10 & Under 100 Breaststroke	238
Prelims	225	11-12 100 Butterfly	226
Prelims	239	10 & Under 50 Butterfly **	240
Timed Final	241	11-12 200 Breaststroke *	242

** The 10 & Under 50 Backstroke and 10 & Under 50 Butterfly will be a Prelim/Final event. The Top 8 finishers will return to swim in the Finals.

* The 11-12 200 Breaststroke will be a Timed Final event.

Breaks may be put in at the discretion of the Meet Referee.



2026 TYR Mardi Gras Order of Events

SESSION 4: Saturday Finals

Warm-up: 4:00PM

Competition: 5:00PM

Round	Women's Event #	Event	Men's Event #
Finals	231	10 & Under 50 Backstroke **	232
Finals	201	11-12 100 Backstroke	202
Finals	203	13-14 200 Backstroke	204
Finals	205	Open 200 Backstroke	206
Finals	207	11-12 100 Freestyle	208
Finals	209	13-14 100 Freestyle	210
Finals	211	Open 100 Freestyle	212
Finals	213	11-12 100 IM	214
Finals	215	13-14 200 IM	216
Finals	217	Open 200 IM	218
Finals	219	11-12 50 Breaststroke	220
Finals	221	13-14 100 Breaststroke	222
Finals	223	Open 100 Breaststroke	224
Finals	239	10 & Under 50 Butterfly **	240
Finals	225	100 Butterfly	226
Finals	227	13-14 200 Butterfly	228
Finals	229	Open 200 Butterfly	230

11-12, 13-14, Open - The A Heat swims first. Then the B heat.

** 10 & Under 50 Backstroke & 50 Butterfly – A Heat only (Top 8).

Breaks may be put in at the discretion of the Meet Referee



2026 TYR Mardi Gras Order of Events

SESSION 5: Sunday 13 & Over Prelims Warm-up: 6:45am Competition: 8:00am

Round	Women's Event #	Event	Men's Event #
Prelims	303	13-14 200 Freestyle	304
Prelims	305	Open 200 Freestyle	306
Prelims	309	13-14 200 Breaststroke	310
Prelims	311	Open 200 Breaststroke	312
Prelims	315	13-14 100 Butterfly	316
Prelims	317	Open 100 Butterfly	318
Prelims	321	13-14 100 Backstroke	322
Prelims	323	Open 100 Backstroke	324
Prelims	327	13-14 50 Freestyle	328
Prelims	329	Open 50 Freestyle	330
Timed Finals	331	Open 1000 Freestyle #	332

1000 Freestyle - Timed Final event; Positive Check-in at the Clerk of Course by 8:00am. Event will swim fastest to slowest, alternating girls/boys. Depending on the meet timeline, the 1000's may be consolidated in one pool, or moved into their own session.

Athletes swimming the 1000 will be asked to provide their own timers depending on the timeline.

Breaks may be put in at the discretion of the Meet Referee



2026 TYR Mardi Gras Order of Events

SESSION 6: Sunday 12 & Under Prelims

Warm-ups: Immediately after the AM session

Competition Starts: 15 minutes after the conclusion of warm-ups

Warm-up and Competition times will be announced after timeline is set.

Round	Woman's Event #	Event	Men's Event #
Prelims	301	11-12 200 Freestyle	302
Timed Final	333	10 & Under 100 Freestyle	334
Prelims	307	11-12 100 Breaststroke	308
Prelims	335	10 & Under 50 Breaststroke **	336
Prelims	313	11-12 50 Butterfly	314
Timed Final	337	10 & Under 100 Butterfly	338
Prelims	319	11-12 50 Backstroke	320
Timed Final	339	10 & Under 100 Backstroke	340
Prelims	325	11-12 50 Freestyle	326
Prelims	341	10 & Under 50 Freestyle **	342
Timed Final	343	11-12 200 Butterfly *	344
Timed Final	345	11-12 200 Backstroke *	346

** The 10 & Under 50 Breaststroke and 10 & Under 50 Freestyle will be a Prelim-Final event. The Top 8 finishers will return to swim in the Finals.

* The 11-12 200 Butterfly and 11-12 200 Backstroke will be a Timed Final event.

Breaks may be put in at the discretion of the Meet Referee



2026 TYR Mardi Gras Order of Events

SESSION 7: Sunday Finals

Warm-up: 4:00pm

Competition: 5:00pm

	Women's Event #	Event	Men's Event #
Finals	301	11-12 200 Freestyle	302
Finals	303	13-14 200 Freestyle	304
Finals	305	Open 200 Freestyle	306
Finals	335	10 & Under 50 Breaststroke *	336
Finals	307	11-12 100 Breaststroke	308
Finals	309	13-14 200 Breaststroke	310
Finals	311	Open 200 Breaststroke	312
Finals	313	11-12 50 Butterfly	314
Finals	315	13-14 100 Butterfly	316
Finals	317	Open 100 Butterfly	318
Finals	319	11-12 50 Backstroke	320
Finals	321	13-14 100 Backstroke	322
Finals	323	Open 100 Backstroke	324
Finals	341	10 & Under 50 Freestyle *	342
	325	11-12 50 Freestyle	326
Finals	327	13-14 50 Freestyle	328
Finals	329	Open 50 Freestyle	330

11-12, 13-14, Open - The A Heat swims first. Then the B heat.

** 10 & Under 50 Breaststroke & 50 Freestyle – A Heat only (Top 8).

Breaks may be put in at the discretion of the Meet Referee



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

Meet Referee

Disability Chair

Lori Biller

Laura DeMotte

Shantel Perry

tlbiller@comcast.net

officials@exelaquatics.org

shantelleigh@gmail.com



**2026 TYR MARDI GRAS
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, Williamson County Parks and Recreation, Indoor Sports Complex, City of Brentwood, 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 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 \$23.00 FACILITY SURCHARGE =	
NUMBER OF IND. EVENTS:		X \$10.25 PER EVENT ENTRY =	
TOTAL DUE:			



Southeastern Swimming - Meet Safety Guidelines and Warm-up Procedures

1. 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.
2. Host team responsibilities
 1. Marshaling
 1. 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.
 2. Whenever a sprint lane is opened an additional marshal must be assigned to that lane's starting block.
 3. 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.
3. 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.

C. 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.

1. Participating teams shall be assigned to specific lanes for the warm-up period based on the number of participants.
2. 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.
3. Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner.
4. 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.
5. 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.