

SOUTHEASTERN SWIMMING CHAMPIONSHIPS

July 21, 22, 23 and 24, 2005

The meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming, the rules of which will apply.

SES SANCTION NO.: 05SENAC7-21

TIME TRIAL NO.: 05SENAC7-21TT

HOST CLUB: NASHVILLE AQUATIC CLUB

**LOCATION: TRACY CAULKINS COMPETITION POOL
CENTENNIAL SPORTSPLEX
222 25th AVENUE NORTH
NASHVILLE, TN 37203**

FACILITIES:

The facility contains an indoor 50 meter by 25-yard pool with a minimum depth of 7 feet. Separate warm down pool available.

MEET SCHEDULE:

THURSDAY, JULY 21:

Timed Finals:

Warm-up 1 - 3:30 PM - 4:10 PM
Warm-up 2 - 4:10 PM - 4:50 PM
Competition - 5:00 PM

FRIDAY, JULY 22:

Prelims:

Warm-up - 7:00 AM - 7:50 AM
Competition - 8:00 AM

Timed Finals: Warm-up – Immediately following the morning session (not before 11:00 AM)

Finals:

Warm-up - 4:15 PM
Competition - 5:30 PM

SATURDAY, JULY 23:

Prelims:

Warm-up - 7:00 AM - 7:50 AM
Competition - 8:00 AM

Timed Finals: Warm-up – Immediately following the morning session (not before 11:00 AM)

Finals:

Warm-up - 4:15 PM
Competition - 5:30 PM

SUNDAY, JULY 24:

Prelims:

Warm-up - 7:00 AM - 7:50 AM
Competition - 8:00 AM

Timed Finals: Warm-up – Immediately following the morning session (not before 11:00 AM)

Finals:

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

MEET FORMAT:

Individual events - All 10&U and 11&12 events will be timed finals. They will be swum slowest to fastest in the afternoon sessions. The 400 Freestyles will be swum fastest to slowest on Thursday night. **All individual events in other age groups will be Prelims/Finals with the exception of the 800 Free, and 1500 Freestyles.** These events are Timed Finals, and will be swum **fastest to slowest, alternating women's and men's heats.** The fastest heat of the 800/1500 Free will be swum during the Finals session Sunday night; earlier heats will be swum following the morning sessions. **All events 400 meters and longer will be deck seeded.** **Senior events will swim 2 scoring (Consolation and Final) and 1 non scoring (Bonus) heats in the finals.**

Relays will be deck seeded Timed Finals, swum slowest to fastest during Timed Finals (12 & Under) or Finals (13 & Over) sessions. Teams are limited to two relay entries in each relay event. Relay cards will be distributed in coaches' packets (available Thursday night). **Cards will constitute positive check-in and must be completely and properly filled out and submitted to Clerk of Course by the beginning of the Timed Finals session (12 & Under) or 5:00 PM (13 & Over) on the day of the event in order for the relay team to swim.** The cards will remain with Clerk of Course and heat sheets will be distributed and posted as soon as possible.

ELIGIBILITY:

Age groups are: 10&U, 11-12, 13-14 and Senior. **Age on the first day of the meet determines the age group for the entire meet.** All swimmers shall be registered with Southeastern Swimming through United States Swimming, Inc. and registration numbers must be listed on the entry form. **No entries will be accepted without current registration numbers.** The 2005 Southeastern Age Group Long Course Meter Time Standards will be used as a qualifying time for all individual events. There will be no time standards for relays. Qualifying times must have been achieved by the entry deadline. Faster times achieved following the deadline will not be accepted in place of times already entered. This includes relays. A Southeastern-affiliated swimmer may compete as a member of a relay team whether or not they qualify for any individual events.

ENTRIES:

A swimmer may enter and swim only **three individual events per day** and no more than **seven individual events in the entire meet.** A swimmer entered in the maximum number of events **may not scratch one event to enter another event except in the case of a mistaken entry in the wrong age group which may be corrected by the Meet Referee.** Time Trial events count as one of the three events allowed on a given day, but do not count as one of the seven individual events in the meet. Entries must be legible and complete. Entry forms **must** include the swimmer's first and last name, age, USA Swimming registration number and meter times for each individual event. Relay times should be listed for each entered relay. **All potential relay participants must be entered in the meet by Friday, JULY 22, 2005 at 9:00 AM.**

Teams who have HYTEK'S MEET MANAGER should submit their entries on a 3-1/2" disk, or by email. Disks with results will be returned at the end of the meet. Also provide hard copy printout for proof reading.

FEES:	\$3.00 per swimmer per individual event	\$8.00 per relay
	\$3.00 Southeastern surcharge	\$5.00 Facility surcharge

DEADLINE:

All entries must be received by **Tuesday, July 12, 2005**, with the exception of swimmers who **initially** achieve qualifying times at meets on the weekend preceding the championships. **Entries from these meets must be faxed or emailed by 6:00 PM, Monday, July 18, 2005.** Entries not accompanied by fees check, USA Swimming numbers, signed athletes release and a recap sheet will be rejected. Checks should be payable to NAC. A psych sheet of all entries will be posted on NAC's website (www.swimnac.com) on Friday, July 15, 2005. Coaches are responsible to check the Psych sheet to verify their entries are correct and, if not, to inform Bruce Ramsden of any mistakes before 5:00 p.m. on Sunday, July 17, 2005 **VIA EMAIL ONLY**.

LATE ENTRIES:

Late entries will be accepted for available lanes on a first-come, first-serve basis until 8:00 AM Friday, July 22, 2005. No new heats will be formed. Coaches must make out entry cards for late entries at the meet. Relays received late will receive a "No Time" seeding. Accepted late entries will be charged \$4.00 per individual event and \$10.00 per relay. Fees are due upon entry.

MAIL ENTRIES TO:

Bruce Ramsden
6405 Tree Ridge Cove
Brentwood, TN 37027

Email: bruce.ramsden@gmail.com

Please waive the signature requirement for Fed-Ex and UPS deliveries.

SAFETY:

In the interest of safety, coaches, swimmers and spectators are asked to observe all posted pool rules and conduct themselves in a safe and prudent manner. **Southeastern Swimming Safety Guidelines and Warm-up Procedures will be in effect. USA Swimming prohibits cameras/video recording devices, including camera phones from the locker rooms.**

DECK SEEDED EVENTS:

Swimmers must positive check-in with the Clerk of Course for all deck-seeded individual events and relays. **Positive check-in deadlines are as follows:**

DAY OF EVENT	EVENT	DEADLINE
THURSDAY	ALL INDIVIDUAL EVENTS	3:30 PM – POSITIVE CHECK-IN
FRIDAY	400 IM	8:00 AM – POSITIVE CHECK-IN
	200 FREE RELAY	START OF AFTERNOON SESSION
	400 FREE RELAY	5:00 PM – RELAY CARDS DUE
SATURDAY	400 FREE	8:00 AM – POSITIVE CHECK-IN
	200 MED. RELAY/800 FREE	START OF AFTERNOON SESSION
	400 MED. RELAY	5:00 PM – RELAY CARDS DUE
SUNDAY	800/1500 FREE	8:00 AM – POSITIVE CHECK-IN

Swimmers or relays that do not check-in with the Clerk of Course by the deadline will be scratched and will not be able to compete in that event.

PROCEDURE FOR POSITIVE CHECK-IN OR SCRATCHING: Only the swimmer or his/her coach may check-in or scratch a swimmer. **If swimming an event**, the swimmer or his/her coach shall circle the name of the swimmer and place their initials next to the swimmer's name.

If scratching the event, the swimmer or coach shall line through the swimmer's name and place their initials next to the swimmer's name.

SCRATCHES:

The 2005 USA Swimming Scratch rules as modified by Southeastern Swimming, Inc., will be followed. Swimmers qualifying for finals or consolation finals must notify the administrative referee within 30 minutes of the announcement of the qualifiers for that final that they may not intend to compete. They must further declare their final intention to scratch within 30 minutes of the posting of the last preliminary event of the session. **Scratches must be given to the Administrative Referee or in the scratch box at the Clerk of Course table.**

PENALTIES:

For deck seeded events, failure to swim the event after a positive check-in will result in a swimmer being barred from the next individual event in which he/she is entered.

For failure to swim finals: Any swimmer failing to properly scratch and failing to compete in the consolation finals and finals shall be barred from the remainder of the meet unless relieved for good cause by the Referee. The penalty for failing to properly scratch and failing to compete in a Sunday evening consolation final or final event is a \$25 fine.

For time standards: Any swimmer who does not achieve the qualifying time standard in an event is subject to a \$25 fine unless written proof of the qualifying time is provided. No team will be allowed to enter subsequent championship meets until fines are paid and/or times proven.

SCORING:

Individual Events: 20-17-16-15-14-13-12-11

Consolation Finals 9-7-6-5-4-3-2-1

Relay Events: 40-34-32-30-28-26-24-22

Team scoring will be tabulated in Men=s, Women=s and Combined categories.

AWARDS:

The awards will be provided by Southeastern Swimming. Medals will be given for 1st-8th place for individual events and 1st-4th for relays. There will be trophies for the top three scoring teams and plaques for the individual high point and runner up in each age group. Awards will also be given to age group team champions. These will be based on total individual points and the single highest-ranking relay.

MEETINGS:

A coaches' meeting will be at 7:50 AM, Friday July 22ND in the hospitality room. Officials will meet in the hospitality room at 6:30 AM each morning for clinics and 30 minutes before each session for deck assignments. Timers will meet on the deck 30 minutes before each session.

Coaches and Officials: Please display your current certification cards at all times on the deck. Credentials will be checked.

OFFICIALS:

Meet Referee: Stephanie Nadeau

Administrative Referee: Ed DeBruyn

Officials will be designated by Southeastern Swimming Officials Committee. Referee, Starter and Stroke Clinics will be given before the preliminary sessions every morning.

1) **Starter Clinic:** Friday at 6:30 a.m. 2) **Stroke & Turn Clinic:** Saturday at 6:30 a.m.

3) **Referee Clinic:** Sunday at 6:30 a.m.

TIME TRIALS:

Time Trials will be held at the conclusion of any preliminary or final session at the coaches' request. Time Trials are intended only for swimmers attempting to qualify for National Championships, Top 16 times or Sectional Meets. Athletes whose entry times do not closely approach these time standards may be denied entry into time trials. Fees: \$3.00 per individual event; \$8.00 per relay. Sign-up deadlines will be announced at the Meet.

CONTACTS:

Meet Director:

Kelly Miley

e-mail:

kellymiley@comcast.net

EVALUATION:

Any comments, suggestions, or evaluations should be sent to:

Ed DeBruyn
Southeastern Swimming
9161 Saddlebow Dr.
Brentwood, Tennessee 37027

**SOUTHEASTERN SWIMMING CHAMPIONSHIPS
ORDER OF EVENTS
THURSDAY, JULY 21, 2005 - TIMED FINALS EVENING SESSION**

WARM-UP: 3:30 PM & 4:10 PM

COMPETITION: 5:00 PM

WOMEN	STANDARD	EVENT	STANDARD	MEN
1	6:41.49	10&U 400 FREESTYLE#	6:52.69	2
3	5:19.09	11&12 400 FREESTYLE#	5:35.49	4
5A	19:53.19	13&14 1500 FREESTYLE#*		
		13&14 800 FREESTYLE#*	10:00.59	6A
5B	18:53.29/18:53.29	SENIOR 1500 FREESTYLE#*		
		SENIOR 800 FREESTYLE#*	9:39.29/9:39.29	6B

#Deck-seeded timed finals; positive check-in by 4:00 PM. Event will be swum fastest to slowest.

***13&14, and Senior swum together, scored separately.**

****Senior qualifying times are broken down into 15&16 and 17&18 qualifying times. 15&16 time listed first.**

**ORDER OF EVENTS
FRIDAY JULY 22, 2005 - PRELIMINARY SESSION**

WARM-UP: 7:00 AM

COMPETITION: 8:00 AM

WOMEN	STANDARD	EVENT	STANDARD	MEN
9	2:24.49	13&14 200 FREESTYLE	2:21.09	10
11**	2:18.39/2:18.19	SENIOR 200 FREESTYLE	2:12.69/2:10.09	12**
13	1:30.09	13&14 100 BREASTSTROKE	1:26.09	14
15**	1:28.69/1:28.69	SENIOR 100 BREASTSTROKE	1:21.89/1:19.69	16**
17	2:48.19	13&14 200 BACKSTROKE	2:45.39	18
19**	2:42.59/2:42.59	SENIOR 200 BACKSTROKE	2:32.49/2:29.29	20**
21	5:52.89	13&14 400 IND. MEDLEY*	5:54.99	22
23**	5:43.79/5:43.79	SENIOR 400 IND. MEDLEY*	5:20.99/5:16.69	24**
25		13&14 400 FREESTYLE RELAY#		26
27		SENIOR 400 FREESTYLE RELAY#		28

***Deck-seeded Preliminaries; positive check-in by 8:00 AM.**

#Relays in events 25 - 28 will swim in Finals. Relay cards due by 5:00 PM.

****Senior qualifying times are broken down into 15&16 and 17&18 qualifying times. 15&16 time listed first.**

TIMED FINALS SESSION

WARM-UP: Immediately following preliminary session, but not before 11:00 AM.

COMPETITION: 1 hour after beginning of warm-up

WOMEN	STANDARD	EVENT	STANDARD	MEN
29	1:09.89	11&12 100 FREESTYLE	1:11.69	30
31	1:23.29	10&U 100 FREESTYLE	1:23.49	32
33	43.79	11&12 50 BREASTSTROKE	45.49	34
35	50.59	10&U 50 BREASTSTROKE	52.29	36
37	1:23.29	11&12 100 BACKSTROKE	1:25.89	38
39	1:37.39	10&U 100 BACKSTROKE	1:38.59	40
41		11&12 200 FREESTYLE RELAY#		42
43		10&U 200 FREESTYLE RELAY#		44

#Relay cards due by beginning of session.

ORDER OF EVENTS
SATURDAY JULY 23, 2005 - PRELIMINARY SESSION

WARM-UP: 7:00 AM

COMPETITION: 8:00 AM

WOMEN	STANDARD	EVENT	STANDARD	MEN
45	2:45.99	13&14 200 IND. MEDLEY	2:42.39	46
47**	2:40.59/2:40.59	SENIOR 200 IND. MEDLEY	2:30.79/2:27.99	48**
49	30.79	13&14 50 FREESTYLE	29.89	50
51**	30.19/29.99	SENIOR 50 FREESTYLE	27.49/26.89	52**
53	1:17.09	13&14 100 BUTTERFLY	1:13.39	54
55**	1:12.89/1:12.49	SENIOR 100 BUTTERFLY	1:07.49/1:05.79	56**
57	5:03.89	13&14 400 FREESTYLE*	5:05.09	58
59**	4:57.99/4:55.39	SENIOR 400 FREESTYLE*	4:45.09/4:40.39	60**
61		13&14 400 MEDLEY RELAY#		62
63		SENIOR 400 MEDLEY RELAY#		64

* Deck-seeded Preliminaries; positive check-in by 8:00 AM.

#Relays in events 61 - 64 will swim in Finals. Relay cards due by 5:00 PM.

**Senior qualifying times are broken down into 15&16 and 17&18 qualifying times. 15&16 time listed first.

TIMED FINALS SESSION

WARM-UP: Immediately following preliminary session, but not before 11:00 AM.

COMPETITION: 1 hour after beginning of warm-up.

WOMEN	STANDARD	EVENT	STANDARD	MEN
65	2:53.99	11&12 200 IND. MEDLEY	2:59.99	66
67	3:25.39	10&U 200 IND. MEDLEY	3:27.79	68
69	32.19	11&12 50 FREESTYLE	32.69	70
71	36.89	10&U 50 FREESTYLE	37.19	72
73	1:22.59	11&12 100 BUTTERFLY	1:26.19	74
75	1:44.19	10&U 100 BUTTERFLY	1:38.79	76
77		11&12 200 MEDLEY RELAY#		78
79		10&U 200 MEDLEY RELAY#		80
81	5:19.09	11&12 800 FREESTYLE*	5:35.49	82

*Deck-seeded Timed Finals; positive check-in by beginning of session. Event will swim fastest to slowest 10 minutes after event 80, alternating women's and men's heats. Qualifying time is time for the 400M Freestyle.

#Relay cards due by beginning of session.

ORDER OF EVENTS
SUNDAY July 24, 2005 - PRELIMINARY SESSION

WARM-UP: 7:00 AM

COMPETITION: 8:00 AM

WOMEN	STANDARD	EVENT	STANDARD	MEN
83B**	9:57.49/9:46.39	SENIOR 800 FREESTYLE#		
		SENIOR 1500 FREESTYLE#	18:59.29/18:59.29	84B**
83A	10:07.79	13&14 800 FREESTYLE#		
		13&14 1500 FREESTYLE#	19:15.29	84A
87	1:06.89	13&14 100 FREESTYLE	1:05.49	88
89**	1:05.89/1:05.09	SENIOR 100 FREESTYLE	1:00.49/59.19	90**
91	2:50.89	13&14 200 BUTTERFLY	2:44.99	92
93**	2:50.19/2:50.19	SENIOR 200 BUTTERFLY	2:40.59/2:37.89	94**
95	3:14.69	13&14 200 BREASTSTROKE	3:07.29	96
97**	3:11.59/3:11.59	SENIOR 200 BREASTSTROKE	3:01.29/2:57.39	98**
99	1:18.19	13&14 100 BACKSTROKE	1:16.79	100
101**	1:16.59/1:16.59	SENIOR 100 BACKSTROKE	1:10.89/1:09.59	102**

#Deck-seeded timed finals; positive check-in by 8:00 AM. Events will swim fastest to slowest; 13&14 and Senior will swim together and be scored separately. The fastest men's and women's heats will swim during Finals. Earlier heats will swim 10 minutes after event 102, alternating women's and men's heats.

**Senior qualifying times are broken down into 15&16 and 17&18 qualifying times. 15&16 time listed first.

TIMED FINALS SESSION

WARM-UP: Immediately following preliminary session, but not before 11:00 AM.

COMPETITION: 1 hour after beginning of warm-up.

WOMEN	STANDARD	EVENT	STANDARD	MEN
103	2:33.19	11&12 200 FREESTYLE	2:39.69	104
105	3:00.99	10&U 200 FREESTYLE	2:58.69	106
107	35.49	11&12 50 BUTTERFLY	37.19	108
109	42.89	10&U 50 BUTTERFLY	43.99	110
111	1:36.09	11&12 100 BREASTSTROKE	1:37.99	112
113	1:48.39	10&U 100 BREASTSTROKE	1:51.19	114
115	38.59	11&12 50 BACKSTROKE	39.49	116

117

44.39

10&U 50 BACKSTROKE

45.19

118

SOUTHEASTERN SWIMMING CHAMPIONSHIPS

July 21, 22, 23 and 24, 2005

TEAM INFORMATION

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 \$3.00 SES SURCHARGE	=	

NUMBER OF IND. EVENTS:		X \$3.00 PER EVENT ENTRY FEE =	
NUMBER OF RELAYS:		X \$8.00 PER RELAY ENTRY FEE =	
TOTAL DUE:			

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. 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. The Nashville Aquatic Club, Metro Nashville Parks and Recreation Dept., Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

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

**Southeastern Swimming
Information Form for Disabled Swimmers**

NAME:		AGE:		DATE OF BIRTH:	
ADDRESS:				PHONE NUMBER:	
EVENTS ENTERED:					
EVENT:		NO.	EVENT:		NO.
EVENT:		NO.	EVENT:		NO.
EVENT:		NO.	EVENT:		NO.
DESCRIBE TYPE AND EXTENT OF DISABILITY (Be specific; e.g. totally or partially blind or deaf; loss of limbs, multiple disabilities):					
THE FOLLOWING PERSONS WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:			NAME:		
			NAME:		
SEIZURES?	YES: ☐	ARE YOU ON MEDICATION?	YES: ☐	MEDICATION/DOSE:	
	NO: ☐		NO: ☐		
MEDICATION/DOSE:		MEDICATION/DOSE:		MEDICATION/DOSE:	
PARENT OR GUARDIAN'S NAME:				PHONE NUMBER:	
PARENT OR GUARDIAN'S SIGNATURE:			ATHLETE'S SIGNATURE:		
PHYSICIAN'S NAME:				PHONE NUMBER:	

PHYSICIAN'S ADDRESS:

I HAVE EXAMINED THE ABOVE ENTRANT AND, IN MY OPINION, THERE IS NO MENTAL OR PHYSICAL REASON WHY HE OR SHE SHOULD NOT PARTICIPATE IN USA SWIMMING COMPETITION.

PHYSICIAN'S SIGNATURE:

DATE: