

## 2016 ARENA Long Course Invitational

April 29- May 1, 2016

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming. USA Swimming technical rules and regulations will be followed with the exception of items specifically addressed in the meet information Sanctioned by Southeastern Swimming, Inc.

Held under the sanction of USA Swimming and Southeastern Swimming, Inc - **SANCTION NUMBER:**  
16SEBAY4-29                   **SANCTION NUMBER FOR TIME TRIAL:** 16SEBAY4-29TT

**Hosted by:** Baylor Swim Club,  
171 Baylor School Rd  
Chattanooga, TN 37405  
423-267-8506 x267,

**Location:** Baylor School Natatorium  
171 Baylor School Road  
Chattanooga, TN 37405

**Facility:** Indoor, 10-lane, 50 meter, 7' deep in the shallow end, 13' deep in diving well end, Non-turbulent lane ropes. Eight (8) lanes will be available for competition. The number of competition lanes will be determined by the number of entries. There is spectator seating for 700 in the balcony. 2- Women's and 2- Men's locker rooms and restroom facilities are available. Additional area for seating provided in the Gymnasium adjacent to the pool and on the pool deck. Ample parking is available in Field house parking lot.

The competition course has not been certified in accordance with 104.2.2C(4)

**Timing:** Fully automatic Daktronic Timing System with 2- 10 Lane/Place/Time display score boards. Manual backup. Hytek Meet Manager files will be posted on the hosted meets page.

**Officials:** Meet Director: Laura Pitman  
171 Baylor School Road  
Chattanooga, TN 37405  
Phone: 423-267-8506, x-267  
Email: [meets@baylorswimming.org](mailto:meets@baylorswimming.org)

Meet Referee: Larry Alexander  
larrydalexander@aol.com  
423-842-8580

Admin Official: JulieLochmaier  
[mybox@lochbox.com](mailto:mybox@lochbox.com)  
423-490-7111

Visiting officials are welcomed and encouraged to assist with the conduct of the meet. Please contact meet referee with your interest.

**Eligibility:** All participants must be registered USA Swimming athletes, and 2016 registration numbers are required to be listed on the entry forms. No entry will be accepted without the registration number. There will be no on deck USA registration.

**Rules.** The 2016 USA rules will govern the conduct of the meet unless noted otherwise herein. All events will be timed finals. All coaches are required to sign in with the Clerk of Course and to show their coaching credentials. All Officials will wear their credentials on deck

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

No team, parent, or press photographers will be permitted on deck unless they have been issued a credential by the Meet Director. 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" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Acceptable areas include the side courses of the pools, team gathering areas, concession areas, and the turn-end of the competition pool when not in use as a "start end."

**Warmup:** USA and SES warm-up guidelines will be in effect. The Meet Director will post and announce the warm-up procedure prior to the start of the meet. All swimmers and coaches will follow this procedure. . **"Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. "**  
**Swimmers attending without a coach MUST see the meet director to be assigned a coach to warm up with.**

**Schedule:** Evening Session:

Friday, April 29, 2016  
Warm-up: 3:15 PM – 4:15 PM  
Meet Starts: 4:30 PM

Morning Sessions:

Saturday & Sunday, April 30 & May 1, 2016  
Warm-up: 7:00 AM – 7:45  
Meet Starts: 8:00 AM

Afternoon Sessions:

Saturday & Sunday, April 30 and May 1, 2016  
Warm-up: A warm up of 40 minutes immediately following AM session  
Meet Starts: following Warm-up. **Approximate timeline will be posted before the meet.**

**Saturday Evening Session: The 1500 Freestyle** will be swum in this session. We will have a 30 minute warm-up immediately following the afternoon session. **Swimmers in this event MUST provide their own TIMERS AND COUNTERS.** An approximate timeline will be posted the week of the meet.

**Fees:** \$6.00 per individual event fee and \$12 per relay event. There will be a \$3.00 surcharge for all SE LSC swimmers and a \$5 surcharge for swimmers outside the LSC. There is also a \$12.00 facility charge per swimmer this includes online Heat sheet. Late entry charge is \$9.00 per individual event and \$12 for relays. Make checks payable to **BAYLOR SWIM CLUB**. No refunds will be made.

**Entry limits:** Swimmers may enter a maximum of 5 individual events per day. This meet is limited to the first 400 swimmers. Entries will be accepted on a first-come, first-serve basis.

**Entry:** All entries should be sent via Hy-tek TM file. Please be sure to include a hard copy for proof reading purposes. Please complete team Liability Waiver and Entry Recap. Entries may be sent via e-mail to [meets@baylorswimming.org](mailto:meets@baylorswimming.org). Please avoid PHONE or FAX entries.

Hand written: List swimmer's first and last **names**, age and USA number on the forms, and complete Team Liability Waiver and Entry Recap.

Entry forms, summary sheets, entry fees, and surcharges must be received by the Meet Director on or before **5:00 PM Eastern time April 18, 2016.**

**Entries shall include the name and phone number of a contact coach/representative. Please waive the signature requirement for Fed-Ex, UPS, and overnight deliveries.** A psych sheet will be posted on the host team web site on April 23rd. Please review and notify host club of discrepancies by 5 PM April 19th.

Late entries may be accepted at the discretion of the Meet Director; however, they will be accepted on a "lane available" basis and may not appear on the heat sheet. This is an OPEN meet. The swimmer's best competitive long course time should be entered. Times will not be changed because of new times achieved after the entry deadline. Please make one check payable to **BAYLOR SWIM CLUB**.

**Seeding:** Fridays' 400 IM and all of the 400 Free events will be deck seeded. In addition, the 1500 Free events will be deck seeded. **Swimmers will need to provide their own timers and counters.** Swimmers participating on Friday and in the 1500 Free must check in with the Clerk of Course per the following schedule:

Fridays' events: by 3:45 PM Friday

1500 Free participants must sign in by the conclusion of the 12 and under session. **Swimmers must provide their own timer and counter.**

**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.

**Awards:** Ribbons for places 1-8 in all 11-12 and 10 & under events will be awarded.

**Special Notes:** Coaches will be required to check in at the clerk of course and show their 2016 coaches certification in order to be allowed on the deck and pick up your team packet.

In accordance with Southeastern Swimming Guidelines, overhead starts, whistle starts, and the "no recall rule" will apply.

The Meet Director reserves the right to combine heats and/or events in order to facilitate the conduct of the meet.

The Meet Director reserves the right to limit the 400 IM, the 400 Freestyle and the 1500 Freestyle to the fastest five heats of each event.

In the interest of safety, all coaches and swimmers are asked to observe all posted pool and facility rules and conduct themselves in a safe and prudent manner. All coaches must be currently certified to USA Swimming requirements.

Should there be any questions, meet officials will recognize coaches or their designated representative ONLY.

Results will be posted on the hosted meets page of [www.baylorswimming.org](http://www.baylorswimming.org) after approval from southeastern swimming.

Failing to swim an individual event after a positive check-in will result in the swimmer being barred from his/her next individual event, whether it is that day or the next day, unless excused with justified cause by the meet referee.

**Evaluations:** Any comments, suggestions, or evaluations should be mailed to:

Phil Kraus  
P.O. Box 30318  
Pensacola, FL 32504  
[ses.general.chair@gmail.com](mailto:ses.general.chair@gmail.com)

**Swimmer Registration Waiver:**

The undersigned coach or team representative, verify that all of the **swimmers** and **coaches** listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

501.7

.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

302.4 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.

\_\_\_\_\_  
USA Club Coach/Representative

\_\_\_\_\_  
Date

**SESSION I: Friday, April 29, 2016 Warm-up begins at 3:15 PM.**

Competition begins at 4:30 PM.

Continuous warm-up/warm-down will be available.

<b>GIRLS</b>	<b>EVENTS</b>	<b>BOYS</b>
1	10 under 200 IM	2
3	11 & 12 200 IM	4
5	Senior 400 IM	6
7*	12 & under 400 FREE	8 *
9 *	Senior 400 FREE	10 *

- Events will be deck seeded. Coaches must check in their swimmers by 3:45 PM at the Clerk of Course. These events will be swum fastest to slowest and may be limited to the fastest 5 heats of girls and the fastest 5 heats of boys. The fastest twenty (20) 13 - 14 year olds of each sex will be guaranteed to swim.

**SATURDAY, April 30, 2016**

**SESSION II:** Warm-up begins at 7:00 AM.  
**Competition begins at 8:00 AM.**  
 Continuous warm-up/warm-down will be available.

<b>GIRLS</b>	<b>EVENTS</b>	<b>BOYS</b>
11	13&14 200 IM	12
13	Senior 200 IM	14
15	13 & 14 100 Breast	16
17	Senior 100 Breast	18
19	13 & 14 100 Free	20
21	Senior 100 Free	22
23	13 & 14 200 Back	24
25	Senior 200 Back	26
27	13 & 14 100 Fly	28
29	Senior 100 Fly	30

**SATURDAY, April 29, 2016**

**SESSION III:** Warm-up will begin immediately following the AM session. This will be a 40 minute session.  
**Competition will begin immediately following warm up.**

Continuous warm-up/warm-down will be available.

<b>GIRLS</b>	<b>EVENTS</b>	<b>BOYS</b>
31	11 & 12 100 Back	32
33	10 & Under 100 Back	34
35	11 & 12 50 Breast	36
37	10 & Under 50 Breast	38
39	11 & 12 50 Free	40
41	10 & Under 50 Free	42
43	11 & 12 100 Fly	44
45	10 & Under 100 Fly	46

**Saturday Evening, April 30, 2016**

**Session IV:** 30 Minute Warm-up will begin immediately following the afternoon Session.

<b>GIRLS</b>	<b>Event</b>	<b>BOYS</b>
47 *	Open 1500 Meter Free	48*

Event will be deck seeded. Swimmers must be checked in by the conclusion of the 12 and under session. **Swimmers will need to provide their own timers and counters for the mile.**

**SUNDAY, May 1, 2016**

**SESSION IV:**

**Warm-up begins at 7:00 AM.**

**Competition begins at 8:00 AM.**

Continuous warm-up/warm-down will be available.

**GIRLS**

**EVENTS**

**BOYS**

49	13 & 14 200 Free	50
51	Senior 200 Free	52
53	13 & 14 100 Back	54
55	Senior 100 Back	56
57	13 & 14 200 Breast	58
59	Senior 200 Breast	60
61	13 & 14 50 Free	62
63	Senior 50 Free	64
65	13 & 14 200 Fly	66
67	Senior 200 Fly	68

**SUNDAY, May 1, 2016**

**SESSION V:**

**Warm-up immediately following the morning session**

**Competition will begin immediately following the warm-up session.**

Continuous warm-up/warm-down will be available.

**GIRLS**

**EVENTS**

**BOYS**

69	10 & Under 200 Free	70
71	11 & 12 200 Free	72
73	10 & Under 50 Back	74
75	11 & 12 50 Back	76
77	10 & Under 100 Breast	78
79	11 & 12 100 Breast	80
81	10 & Under 100 Free	82
83	11 & 12 100 Free	84
85	10 & Under 50 Fly	86
87	11 & 12 50 Fly	88



«**SAFETY**»

In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool and facility rules referred to in this meet information and to conduct themselves in a safe and prudent manner. The Baylor Swim Club and any meet sponsors are not responsible for any injury, damage, or loss of valuables during the meet. Failure to adhere to posted school speed limits and parking signs may result in ticketing. No smoking or glass containers are allowed inside the natatorium.

**Lodging:** Located closest to the school approximately 3 miles away in downtown Chattanooga.

Holiday Inn Express Hotel and Suites Downtown – 423-664-4321

Courtyard by Marriott: 423-755-0871

Hampton Inn Downtown: 423-265-0077,

Days Inn Rivergate: 423-266-7331,

The Chattanooga Hotel: 423-756-3400,

Read House, 423-266-4121,

Wingate Inn, 423-893-7400,

Comfort Inn East Ridge, 423-893-7979, \$85

Chattanooga is a regional tourist center and offers many attractions, including:

The Tennessee Aquarium; Children's Discovery Museum; IMAX Theater, Coolidge Park with its carousel and water garden; shopping at Tennessee's largest mall, Hamilton Place Mall; Outlet Mall shopping at Warehouse Row; Bluff View Arts district; and the free Friday night concert series at Miller Park located in downtown Chattanooga during the summer. White water rafting on the Olympic venue, Ocoee River, is located within an hour drive.

ENTRY FORM

**Times should be in LONG COURSE Meters. Converted times will not be accepted.  
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						

**ENTRY FORM SUMMARY**

April 29-May 1, 2016

TEAM NAME: \_\_\_\_\_ ABBRV: \_\_\_\_\_

TEAM ADDRESS: \_\_\_\_\_

TEAM COACH: \_\_\_\_\_ TELEPHONE#: \_\_\_\_\_

TEAM REP: \_\_\_\_\_ TELEPHONE#: \_\_\_\_\_

<u>AGE GROUP</u>	<u>SEX</u>	<u>SWIMMERS</u>	<u>EVENTS</u>
10 & UNDER	GIRLS	_____	_____
	BOYS	_____	_____
11-12	GIRLS	_____	_____
	BOYS	_____	_____
13-14	GIRLS	_____	_____
	BOYS	_____	_____
SENIOR	GIRLS	_____	_____
	BOYS	_____	_____

TOTAL NUMBER SWIMMERS \_\_\_\_\_ X \$3.00 SE SURCHARGE = \$ \_\_\_\_\_  
 \$5.00 out of LSC Surcharge = \$ \_\_\_\_\_  
 TOTAL NUMBER SWIMMERS \_\_\_\_\_ X \$12.00 Facility Fee = \$ \_\_\_\_\_  
 TOTAL EVENTS ENTERED \_\_\_\_\_ X \$6.00 PER Individual EVENT = \$ \_\_\_\_\_  
 TOTAL RELAYS ENTERED \_\_\_\_\_ x \$ 12 PER RELAY EVENT = \$ \_\_\_\_\_  
 TOTAL DUE = \$ \_\_\_\_\_

**PLEASE LIST PARENTS ON YOUR TEAM WHO ARE USA OFFICIALS ON YOUR TEAM WHO WOULD LIKE TO WORK THIS MEET:**

OFFICIALS NAME: \_\_\_\_\_ PHONE #: \_\_\_\_\_

\_\_\_\_\_

OFFICIALS NAME: \_\_\_\_\_ PHONE #: \_\_\_\_\_

\_\_\_\_\_

OFFICIALS NAME: \_\_\_\_\_ PHONE #: \_\_\_\_\_

\_\_\_\_\_

OFFICIALS NAME: \_\_\_\_\_ PHONE #: \_\_\_\_\_

\_\_\_\_\_

**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. Baylor School, Baylor Swim Club, 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: \_\_\_\_\_

Date: \_\_\_\_\_

Title: \_\_\_\_\_

USA Swimming Registered Coaches Attending This Meet:

\_\_\_\_\_

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## 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.

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

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Accommodations requested, Examples: Lane #, inside lane, starter side preference, assistance to the blocks, water start, hand signals, etc.

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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: [meets@baylorsswimming.org](mailto:meets@baylorsswimming.org)

Meet Referee Email: larrydalexander@aol.com

Disability Chair Email: Robin Heller  
robin@seastarsaquatics.org