

OCTOBER OPEN
NASHVILLE AQUATIC CLUB
OCTOBER 18 and 19, 2014

RULES: 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: 14SENAC10-18

SANCTION NUMBER FOR TIME TRIAL: 14SENAC10-18TT

HOST CLUB: Nashville Aquatic Club

LOCATION: Tracy Caulkins Competition Pool at Centennial Sportsplex
222 25th Avenue North Nashville, TN 37203 - (615) 321-3510

ELIGIBILITY: Meet is open to all USA Swimming registered athletes. The age of the swimmer on the first day of the meet will determine the age for the entire meet.

MEET START TIMES:

Saturday October 18

13&Over Morning Session: Warm-up 7:00 am
Competition begins at 8:00 a.m.

12&Under Afternoon Session: Warm up immediately after AM session.
Competition 50 minutes after warm ups begin.

13&Over Evening Session: Warm-ups immediately after 12&U session.
Competition 60 minutes after warm ups begin.

Sunday October 19

12&Under Morning Session: Warm-up 7:00 am
Competition begins at 8:00 am

13&Over Afternoon Session: Warm-ups immediately after 12&U session.
Competition 60 minutes after warm up begins

NOTE: 8&Under swimmers should report to the BullPen prior to their events.

SEEDING: All events will be pre-seeded with the exception of the 13&Over 1000 Free, 500 Free, and 400 IM. Swimmers must positively sign in to be allowed to swim a deck seeded event. The 13-14 and Senior 1000 Free, 500 Free, and 400 IM will be swum fastest to slowest. All 13&Over events will be swum together, but scored separately. SES Scratch Rules will apply.

RELAYS: Relays will be offered for 12 & Under Age Groups only. Relay cards should be turned in at the Clerk of Course no later than 30 minutes after the start of the session. The meet committee reserves the right to limit or cancel relays in order to run the meet within the time allocated.

DISABLED SWIMMERS: Check-in with the Meet Director (attached Disabled Swimmer Form)

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.

Coaches shall display, in an obvious location, their USAS membership cards to be allowed on deck at any SES sanctioned meet.

ENTRIES: All events will be timed finals. 13&Over swimmers may enter up to five (5) individual events on Saturday (combined total of two sessions) and four (4) individual events on Sunday. 12 & Under swimmers may enter up to five (5) individual events per day.

ENTRY FEES:	Individual Events	\$6.00
	Relays	\$12.00
	SES Surcharge	\$3.00
	Out of LSC Surcharge	\$5.00
	Facility Surcharge	\$12.00
	Time Trial Events	\$15.00 **

-Meet may be limited to 800 participants or 400 participants in each session.

-Late entries may be accepted at the discretion of the Meet Director. All late fees will apply.

-Teams with HY-TEK's Meet Manager should submit entries via e-mail. Hard Copy, check, entry summary and release should be mailed for entry to be considered complete. Please waive need for signature on any express mail, Federal Express, UPS shipment, etc. Make all checks payable to: Nashville Aquatic Club.

****Time Trials will be held at the discretion of the Meet Director and the Meet Referee.**

Please submit entries to:

ENTRY CHAIR

ZACH MURRAY

Entry@SwimNAC.com

Please direct questions to:

MEET DIRECTOR

GWEYN THOMAS

MeetDirector@SwimNAC.com

NOTE: HYTEK event file, psych sheet, daily results and other meet information will be posted on the NAC website (www.swimnac.com) as it becomes available.

HEAT SHEETS: Only Electronic Heat Sheets will be available. These will be able to be accessed on the NAC website in a printable format.

DEADLINE: All entries, release forms and fees must be received by 6:00 Tuesday, October 7, 2014

AWARDS: Ribbons will be awarded for 1st – 8th places for individual 12 & under events only and 1st – 3rd places for 12 & Under relays only. Coaches or team representatives may pick up all awards on the last day of the meet.

SCORING: Individual events: 9–7–6–5–4–3–2–1. Relays: 18–14–12–10–8–6–4–2.

OFFICIALS:

Meet Referee: Tara Todd

MeetRef@SwimNAC.com

Admin Official: Kristan Schiedemeyer

AdminOfficial@SwimNAC.com

Head Coach: John Morse

jmorse@SwimNAC.com

POOL DESCRIPTION: The competitive pool is 50 meters, divided by two bulkheads, with each course 25 yards with 8 nine foot wide lanes. Pool depth is a minimum of 7 feet. It is equipped with Colorado Timing Swimming systems. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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

WARM-UP: SES Warm-up procedures and Meet Safety Guidelines will be in effect. The Meet Director will post warm-up lane assignments prior to the start of the meet. 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.

SPORTSPLEX RULES: THE CENTENNIAL SPORTSPLEX RESPECTFULLY ASKS THAT: NO OUTSIDE FOOD OR DRINK BE BROUGHT INTO THE BUILDING. NO FOOD OR DRINK (with the exception of water bottles) BE BROUGHT INTO THE POOL AREA. NO COOLERS BE BROUGHT INTO THE BUILDING. (CONCESSIONS WILL BE AVAILABLE FOR SALE BY SPORTSPLEX PERSONNEL.) ONLY SWIMMERS, COACHES, AND MEET PERSONNEL SHALL BE ON THE POOL DECK AT ANY TIME.

TEAM SPONSORS: Listed on the NAC website are the Team Sponsors, including area hotels and restaurants that support the team. Please refer to this list of establishments when making hotel and dinner reservations.

SPECIAL NOTES:

- The Meet Director reserves the right to combine heats and/or events in order to facilitate the conduct of the meet.
- Swimmers signing in for a deck seeded event and not swimming will be scratched from their next event unless relieved by cause from the meet referee.
- The Meet Director reserves the right to limit any event in order to run the meet within the time allocated.
- 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.

EVALUATION: Any specific problems or concerns about the meet that are not resolved during the meet or to your satisfaction should be communicated in writing immediately to the chairperson of Southeastern Swimming.

**Matt Webber,
Southeastern Swimming
PO Box 1102
Huntsville, AL 35807**

Order of Events

Saturday October 18, 2014: 13 & Over Morning Session

Warm up: 7:00 a.m. / Competition: 8:00 a.m.

<u>GIRLS</u>	<u>EVENT DESCRIPTION</u>	<u>BOYS</u>
1	13&OVER 200 FREESTYLE	2
3	13&OVER 100 BACKSTROKE	4
5	13&OVER 100 BUTTERFLY	6
7	13&OVER 400 INDIVIDUAL MEDLEY**	8

All 13&Over events will be swum together and scored separately as 13-14 and Senior.

** Positive check-in required for 400 Individual Medley by 8:00 a.m. The 400 IM will be run fastest to slowest.

Saturday October 18, 2014: 12 & Under Afternoon Session

Warm up: Immediately following Morning session / Competition: 50 minutes after warm up begins

<u>GIRLS</u>	<u>EVENT DESCRIPTION</u>	<u>BOYS</u>
9	11-12 200 INDIVIDUAL MEDLEY	10
11	10&U 200 INDIVIDUAL MEDLEY	12
13	8&U 100 INDIVIDUAL MEDLEY	14
15	11-12 50 BREASTSTROKE	16
17	10&U 50 BREASTSTROKE	18
19	8&U 25 BREASTSTROKE	20
21	11-12 100 BACKSTROKE	22
23	10&U 100 BACKSTROKE	24
25	8&U 50 BACKSTROKE	26
27	11-12 50 BUTTERFLY	28
29	10&U 50 BUTTERFLY	30
31	8&U 25 BUTTERFLY	32
33	11-12 100 FREESTYLE	34
35	10&U 100 FREESTYLE	36
37	8&U 50 FREESTYLE	38
39	11-12 200 FREE RELAY**	40
41	10&U 200 FREE RELAY**	42
43	8&U 100 FREE RELAY**	44

** Relay cards must be turned in to the Clerk of Course 30 minutes after the session begins.

Saturday October 18, 2014: 13 & Over Evening Session

Warm up: Immediately following Morning session / Competition: 45 minutes after warm up begins

<u>GIRLS</u>	<u>EVENT DESCRIPTION</u>	<u>BOYS</u>
45	13&OVER 200 BUTTERFLY	46
47	13&OVER 100 FREESTYLE	48
49	13&OVER 200 BREASTSTROKE	50
51	13&OVER 500 FREESTYLE**	52

All 13&Over events will be swum together and scored separately as 13-14 and Senior.

** Positive check-in required for 500 Freestyle by start of session. The 500 Freestyle will be run fastest to slowest.

Sunday October 19, 2014: 12 & Under Morning Session

Warm up: 7:00 a.m. / Competition: 8:00 a.m.

<u>GIRLS</u>	<u>EVENT DESCRIPTION</u>	<u>BOYS</u>
53	11-12 200 FREESTYLE	54
55	10&U 200 FREESTYLE	56
57	8&U 100 FREESTYLE	58
59	11-12 50 BACKSTROKE	60
61	10&U 50 BACKSTROKE	62
63	8&U 25 BACKSTROKE	64
65	11-12 100 INDIVIDUAL MEDLEY	66
67	10&U 100 INDIVIDUAL MEDLEY	68
69	11-12 100 BUTTERFLY	70
71	10&U 100 BUTTERFLY	72
73	8&U 50 BUTTERFLY	74
75	11-12 50 FREESTYLE	76
77	10&U 50 FREESTYLE	78
79	8&U 25 FREESTYLE	80
81	11-12 100 BREASTSTROKE	82
83	10&U 100 BREASTSTROKE	84
85	8&U 50 BREASTSTROKE	86
87	11-12 200 MEDLEY RELAY**	88
89	10&U 200 MEDLEY RELAY**	90
91	8&U 100 MEDLEY RELAY**	92

** Relay cards must be turned in to the Clerk of Course by 8:30 a.m.

Sunday October 19, 2014: 13 & Over Afternoon Session

Warm up: Immediately following Morning session / Competition: 1 hour after warm up begins

<u>GIRLS</u>	<u>EVENT DESCRIPTION</u>	<u>BOYS</u>
93	13&OVER 200 INDIVIDUAL MEDLEY	94
95	13&OVER 50 FREESTYLE	96
97	13&OVER 200 BACKSTROKE	98
99	13&OVER 100 BREASTSTROKE	100
101	13&OVER 1000 FREESTYLE**	102

All 13&Over events will be swum together and scored separately as 13-14 and Senior.

** Positive check-in required for 1000 Freestyle by start of session. The 1000 Freestyle will be run fastest to slowest.

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, 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

DATE

CLUB: _____ **TITLE:** _____

TEAM INFORMATION

CLUB TEAM: _____ INITIALS: _____

ADDRESS: _____

LSC: _____ HEAD COACH: _____

CONTACT PERSON: _____ PHONE #: _____

FAX #: _____ 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

Make checks payable to: Nashville Aquatic Club

NUMBER OF SWIMMERS: _____ X \$3.00 SES SURCHARGE = \$ _____

NUMBER OF SWIMMERS: _____ X \$5.00 OUT OF LSC SURCHARGE = \$ _____

NUMBER OF SWIMMERS: _____ X \$12.00 FACILITY SURCHARGE = \$ _____

NUMBER OF IND. EVENTS: _____ X \$6.00 PER EVENT ENTRY FEE = \$ _____

NUMBER OF RELAY EVENTS: _____ X \$12.00 PER RELAY ENTRY FEE = \$ _____

TOTAL DUE: \$ _____

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: Gweyn Thomas (615) 294-4531 MeetDirector@SwimNAC.com

Meet Referee: Tara Todd MeetRef@SwimNAC.com

Disability Chair: Robin Heller robin@seastarsaquatics.org

SOUTHEASTERN SWIMMING ENTRY FORM

All times should be in SHORT COURSE YARDS

Please duplicate as needed

	EVENT NAME	EVENT #	BEST TIME	EVENT NAME	EVENT #	BEST TIME
NAME OF SWIMMER:						
USS REGISTRATION #:						
DATE OF BIRTH:						
GENDER:						
NAME OF SWIMMER:						
USS REGISTRATION #:						
DATE OF BIRTH:						
GENDER:						
NAME OF SWIMMER:						
USS REGISTRATION #:						
DATE OF BIRTH:						
GENDER:						