



Revised 5.14.19

Ensworth Officially Summer Invitational May 17 and May 19, 2019

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: 19SEENSW5-17

SANCTION NUMBER FOR TIME TRIAL: 19SEENS5-17TT

HOST CLUB:

Ensworth Aquatics

LOCATION:

The Ensworth School
7401 Highway 100
Nashville, TN 37221

FACILITY:

The Ensworth School offers a 10-lane, 50-meter competition pool, with a 6.5 foot minimum depth, non-turbulent lane lines, a fully automatic electronic timing system, and a scoreboard with lane/time/place display. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

RULES:

- Unless otherwise noted herein, this meet shall be conducted in accordance with current USA Swimming Rules and Regulations.
- Please note that 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.
- 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.

- 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.
- In the interest of safety and accident prevention, coaches, officials and swimmers are asked to observe all posted pool rules and to conduct themselves in a safe manner. Only coaches, swimmers, officials, and volunteers are allowed on deck.
- Chairs are permitted on the balcony overlooking the pool, but must be placed against the back wall, **not against the railing**.
- There will be a five minute break before all distance events on Saturday and Sunday.
- Distance events will be swum fastest to slowest, alternating male and female heats.
- Chase starts may be considered based on number of entries.

OFFICIALS:

Meet Referee: Alex Hughes alexander.k.hughes@Vanderbilt.Edu
Admin Official: Jessica Jackson and Brian Lucy eaqmeets@gmail.com
Meet Director: Claire McCall eaqmeets@gmail.com
Entries Chair: Amy Williams eaqmeets@gmail.com

All officials are welcome. Any officials planning on attending the meet and working some or all sessions should contact the Meet Referee. There will be an officials meeting 30 minutes prior to each session. Attire for all sessions is white over khaki, with white shoes.

MEET START TIMES:

May 17, 2019

Warm ups: 4:00 p.m.

Competition begins: 5:00 p.m.



May 18, 2019

13&Over

Warm ups: 8:00 a.m.

Competition begins: 9:30 a.m.

12&U

**Warm ups/competition will start immediately following completion of morning session and last one hour.*

May 19, 2019

13&Over

Warm ups: 8:00 a.m.

Competition begins: 9:30 a.m.

12&U

**Warm ups/competition will start immediately following completion of morning session and last one hour.*

** Please view timeline published on the Ensworth Aquatics' website the week of the meet for more specific times/information related to 12&U warm ups.*

WARM UPS:

Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet.

ELIGIBILITY:

Meet is an open invitational. USA Swimming registered athletes only may participate. Entries will not be accepted without current registration numbers. Coaches and officials must present evidence of certification (Card/deckpass) as required by SES Swimming. A swimmer's age on the first day of the meet will determine the age for the entire meet. On deck USA Swimming registrations are not permitted.

DISABILITIES:

Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with entries. Coaches are asked to check-in before the meet with the Meet Director for any accommodations. (see attached Disabled Swimmer Form)

ENTRIES DEADLINE:

Meet Entries, release forms, and entry fees including surcharges must be received by the Entry Chair by 5:00 p.m. on May 7, 2019. **The Open 400 IM, 400 Free, 800 Free and 1500 Free, and 12&U 200 Free and 200 IM events will be deck seeded.** Based on the number of entries some or all 200s may be deck seeded with positive check in as well. All other events will be pre-seeded. *Note: Late entries will be accepted based on lane space availability.* Entries are to be submitted to: eaqmeets@gmail.com



MEET FEES:

\$ 6.00 per individual event. \$12.00 facility fee per athlete. \$3.00 per athlete for Southeastern Swimming (SES) surcharge, \$5.00 per athlete out of SES surcharge. Please make checks payable to The Ensworth School, Attn. Ensworth Aquatics. All entry fees are non-refundable. Please mail to:

The Ensworth School
Attn. Ensworth Aquatics
7401 Highway 100
Nashville, TN 37221

LIMITS:

Swimmers are limited to (4) individual events per day. The Meet Director reserves the right to combine heats and/or events (including mixing genders) in order to facilitate the conduct of the meet. The Meet Director reserves the right to limit any event in order to run the meet within the time allocated.

AWARDS:

Ribbons will be awarded to the top 8 athletes in each event in the 12 & Under age group events, broken down by 11&12, 9&10 and 8&U categories.

MEET FORMAT:

This is Timed Finals meet. All events will be pre-seeded. All races will be swum in a 50 meter course.

HEAT SHEETS:

Only electronic heat sheets will be available. These will be available on the Ensworth Aquatics website in a printable format.

<https://www.teamunify.com/EventsCurrent.jsp?team=sees>

NOTE:

HYTEK event file, psych sheet, results and other meet information will be posted on the Ensworth Aquatics website as it becomes available.

<https://www.teamunify.com/EventsCurrent.jsp?team=sees>



TIME TRIALS:

The time trial events will be swum at the conclusion of the meet upon a coach's request to the Meet Director. Swimmers may time trial but may not exceed the 6 events per day USA Swimming limit. Fees for additional time trials at the conclusion of the meet shall be \$10.00 per individual event. Time trial swimmers will need to provide two timers. Time trials are at the discretion of the meet referee.

EVALUATION:

Please send any specific problems or concerns about the meet that are not resolved during the meet or to your satisfaction in writing immediately to the chairperson of Southeastern Swimming:

Phillip A. Kraus
Southeastern Swimming
PO Box 30318
Pensacola, FL 32504
Ses.general.chair@gmail.com

PARKING:

A note will go to coaches just before the meet outlining parking and other facility information.

POSITIVE CHECK IN:

Positive check-in deadlines for distance events will be behind the starter area:

800/1500 Free - Friday	4:00 p.m.
12&U 400 free - Friday	4:00 p.m.
400 IM – Saturday	9:30 a.m.
12&U 200 free - Saturday	1:30 p.m. (or start of warm ups)
400 Free – Sunday	9:30 a.m.
12&U 200 IM – Sunday	1:30 p.m. (or start of warm ups)

May 17, 2019		
Girls	Afternoon	Boys
1	Open 1500	2
3	Open 800 Free	4
5	12&U 400 Free	6



May 18, 2019		
Girls	Morning	Boys
7	13-14 200 Free	8
9	Open 200 Free	10
11	13-14 100 Back	12
13	Open 100 Back	14
15	13-14 100 Breast	16
17	Open 100 Breast	18
19	13-14 200 Fly	20
21	Open 200 Fly	22
23	13-14 50 Free	24
25	Open 50 Free	26
27	Open 400 IM	28

May 18, 2019		
	Afternoon	
29	12 & U 200 Free	30
31	10 & U 50 Breast	32
33	11-12 50 Breast	34
35	10 & U 100 Back	36
37	11-12 100 Back	38
39	10 & U 50 Free	40
41	11-12 50 Free	42
43	10 & U 50 Fly	44
45	11-12 50 Fly	46



**May 19, 2019
Morning**

47	13-14 200 IM	48
49	Open 200 IM	50
51	13-14 200 Back	52
53	Open 200 Back	54
55	13-14 200 Breast	56
57	Open 200 Breast	58
59	13-14 100 Free	60
61	Open 100 Free	62
63	13-14 100 Fly	64
65	Open 100 Fly	66
67	Open 400 Free	68

**May 19, 2019
Afternoon**

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



SOUTHEASTERN LSC INFORMATION FORM FOR SWIMMERS WITH A DISABILITY
This non-mandatory form is for accommodation purposes.

Name:

Address:

Team _____ USA Registration # _____ Age/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 the meet, and forwarded to the SE LSC Disability chair for purposes of evaluation and tracking swimmers attendance and performance.

The Disability Chair and meet management welcome any feedback and or comments concerning your meet experience.

Disability Chair: Robin Heller robin@seastarsaquatic.org
Meet Referee: Alex Hughes alexander.k.hughes@Vanderbilt.Edu
Meet Director: Claire McCall eaqmeets@gmail.com



2019 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 form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

- .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.

All swimmers, coaches and officials involved with USA Swimming competition must be registered. Additionally, meet directors.

I 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 host 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:

Title:

Club:

Date:



TEAM ENTRY FORM

Club Name _____

Address _____

LSC _____ Head Coach _____

Contact Person _____

Email _____ Fax # _____

Coaches Attending

1. _____
2. _____
3. _____
4. _____
5. _____

Number of Attached Swimmers _____
Number of Unattached Swimmers _____
Total # of Swimmers _____

SUMMARY OF FEES

Make checks payable to: The Ensworth School, Attn: Ensworth Aquatics

of Swimmers: _____ X \$3.00 SES Surcharge = \$ _____
of Swimmers: _____ X \$5.00 Out of LSC Surcharge = \$ _____
of Events: _____ X \$6.00 per event Entry Fee = \$ _____
of Athletes: _____ X \$12.00 per athlete Facility Fee = \$ _____

TOTAL DUE: \$ _____