



**Revised 10/7/19**

**ENSWORTH AQUATICS OCTOBER OPEN  
October 19 to 20, 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:** 19SEENSW10-19

**SANCTION NUMBER FOR TIME TRIAL:** 19SEENSW10-19TT

**HOST CLUB:**  
Ensworth Aquatics

**LOCATION:**  
The Ensworth School  
7401 Highway 100  
Nashville, TN 37221

**FACILITY:**  
The Ensworth School offers a 10-lane, 25-yard 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, restrooms 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 will be allowed on deck.
- Chairs are permitted on the balcony overlooking the pool, but must be placed against the back wall, **not against the railing.**
- All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.
- Coaches must show either current USA Swimming membership card or deck pass at coaches check in and make them available throughout the meet at the request of officials.

#### **OFFICIALS:**

Meet Referee: Alex Hughes [alexhughes6222@gmail.com](mailto:alexhughes6222@gmail.com)

Meet Director: Claire McCall [eaqmeets@gmail.com](mailto:eaqmeets@gmail.com)

Admin Official: Jessica Jackson and Brian Lucy [eaqmeets@gmail.com](mailto:eaqmeets@gmail.com)

Entries Chair: Amy Williams [eaqmeets@gmail.com](mailto: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 45 minutes prior to the meet. Attire for officials is white over khaki, with white shoes.

#### **WARM UP & MEET START TIMES: Revised 10/7/19**

#### **Saturday, October 19, 2019**

***Note: Please view timeline published the week of the meet for more specific times/information related to warm ups.***

#### Morning Session

Warm ups: 8:00 a.m.

Competition begins: 9:00 a.m.

#### Afternoon Session

Warm ups: 12:30 p.m.

Competition begins: 1:30 p.m.

## **Sunday, October 20, 2019**

### Morning Session

Warm ups: 8:00 a.m.

Competition begins: 9:00 a.m.

### Afternoon Session

Warm ups: 12:30 p.m.

Competition begins: 1:30 p.m.

### **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, summary and release forms, and entry fees including, surcharges must be received by the Entry Chair by 12:00 p.m. on October 8, 2019. No manual entries. All events will be pre-seeded, less the distance events that will be positive check in.

Entries are to be submitted to:

Meet Entries Chair

Ensworth Aquatics

[EAqMeets@gmail.com](mailto:EAqMeets@gmail.com)

7401 Highway 100

Nashville, TN 37221

*Note: Late entries will be accepted based on lane space availability.*

### **MEET FEES:**

\$6.00 per individual event. \$10.00 late entries. \$12.00 relay fees, \$15.00 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.

**LIMITS:**

13 & Over aged swimmers are limited to (4) individual events per day 12 & Under swimmers are limited to (4) individual events per day. 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 any event in order to run the meet within the time allocated.

**AWARDS:**

Ribbons will be given to the top 8 female and top 8 male athletes in each event in the 11/12, 10 & Under, 8 & Under age groups only.

**MEET FORMAT:**

This is a Timed Finals meet. All events will be pre-seeded. All races will be swum in a 25-yard 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, timeline, 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 trial requests will only be taken from coaches, not from swimmers or their parents. Time trials are at the discretion of the Meet Referee.

**SPECIAL NOTES:**

Late entries will be accepted based on available lane space. There will be a clerk of course "bullpen" for 8&Under events only.

**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](mailto:ses.general.chair@gmail.com)

**POSITIVE CHECK-IN:**

**Check in for distance events, will be behind the starter area:**

400 IM - Saturday morning 9:00 a.m.

500/1000/1650 free - Sunday afternoon 1:30 p.m.

**RELAY CARDS:**

Relay cards will be due at the start of warm ups at each 12&Under session.

**MEET EVENTS:**

**Saturday, October 19, 2019**

**Morning Session**

**Warm ups: 8:00 a.m.**

**Competition begins: 9:00 a.m.**

***Note: Please view timeline published the week of the meet for more specific times/information related to warm ups.***

***\*There will be a 5 minute break before the distance events***

1	Open 200 Freestyle	2
3	Open 100 Backstroke	4
49	Open 200 Breaststroke	50
5	Open 100 Butterfly	6
47	Open 100 Freestyle	48
7	*Open 400 Individual Medley	8

**Saturday, October 19, 2019**

**Afternoon Session**

**Warm ups: 12:30 a.m.**

**Competition begins: 1:30 p.m.**

***Note: Please view timeline published the week of the meet for more specific times/information related to warm ups.***

9	11-12 Under 200 Freestyle Relay	10
11	10 & Under 200 Freestyle Relay	12
13	8 & Under 100 Freestyle Relay	14
15	11-12 200 Individual Medley	16
17	10 & Under 200 Individual Medley	18
19	8 & Under 100 Individual Medley	20
21	11-12 50 Breaststroke	22
23	10 & Under 50 Breaststroke	24
25	8 & Under 25 Breaststroke	26
27	11-12 100 Backstroke	28
29	10 & Under 100 Backstroke	30
31	8 & Under 50 Backstroke	32
33	11-12 50 Butterfly	34
35	10 & Under 50 Butterfly	36
37	8 & Under 25 Butterfly	38
39	11-12 100 Freestyle	40
41	10 & Under 100 Freestyle	42
43	8 & Under 50 Freestyle	44

**Sunday, October 20, 2019**

**Morning Session**

**Warm ups: 8:00 a.m.**

**Competition begins: 9:00 a.m.**

***Note: Please view timeline published the week of the meet for more specific times/information related to warm ups.***

53	11-12 200 Medley Relay	54
55	10 & Under 200 Medley Relay	56
57	8 & Under 100 Medley Relay	58
59	11-12 200 Freestyle	60
61	10 & Under 200 Freestyle	62
63	8 & Under 100 Freestyle	64
65	11-12 50 Backstroke	66
67	10 & Under 50 Backstroke	68
69	8 & Under 25 Backstroke	70
71	11-12 100 Individual Medley	72
73	10 & Under 100 Individual Medley	74
75	11-12 100 Butterfly	76
77	10 & Under 100 Butterfly	78
79	8 & Under 50 Butterfly	80
81	11-12 50 Freestyle	82
83	10 & Under 50 Freestyle	84
85	8 & Under 25 Freestyle	86
87	11-12 100 Breaststroke	88
89	10 & Under 100 Breaststroke	90
91	8 & Under 50 Breaststroke	92

**Sunday, October 20, 2019**

**Afternoon Session**

**Warm ups: 12:30 p.m.**

**Competition begins: 1:30 p.m.**

***Note: Please view timeline published the week of the meet for more specific times/information related to warm ups.***

***\*There will be a 5 minute break before the distance events***

93	Open 200 Individual Medley	94
45	Open 200 Butterfly	46
95	Open 50 Freestyle	96
97	Open 200 Backstroke	98
99	Open 100 Breaststroke	100
51	*Open 500 Freestyle	52
101	*Mixed Open 1000 Freestyle	102
103	*Mixed Open 1650 freestyle	104



# 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.

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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 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](mailto:robin@seastarsaquatic.org)

Meet Referee: Alex Hughes [hughesax@comcast.net](mailto:hughesax@comcast.net)

Meet Director: Claire McCall [clairesmccall@gmail.com](mailto:clairesmccall@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 Swimmers: \_\_\_\_\_ X \$15.00 Facility Surcharge = \$ \_\_\_\_\_  
# of Individual Events: \_\_\_\_\_ X \$6.00 per event Entry Fee = \$ \_\_\_\_\_  
# of Relay Events: \_\_\_\_\_ X \$12.00 per event Entry Fee = \$ \_\_\_\_\_  
\$10.00 Late Entry Fee (after October 8, 2019) = \$ \_\_\_\_\_

**TOTAL DUE: \$** \_\_\_\_\_