



*Revised 10/21/19*

## **Ensworth Aquatics Holiday Classic December 6 to 8, 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:** 19SEENSW12-6

**SANCTION NUMBER FOR TIME TRIAL:** 19SEENSW12-6TT

**HOST CLUB:**

Ensworth Aquatics

**LOCATION:**

The Ensworth School (Frist Campus)  
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 & NOTES:**

- 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. Meet director/Meet referee have the option to run distance events in two courses. A decision will be communicated on the Wednesday or before the start of the meet.
- Friday afternoon events will be swum as timed finals, fastest to slowest, alternating male and female heats, by event.
- 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.
- 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.
- Prelims and Finals will be swum for the 11 & over events. Timed finals for 10&Under events. Finals will be swum as follows: 11&12 A final, 13-14 A final, Open A&B finals. Ten lanes will be swum in finals. Based on the size of the meet, a B final may be added to 13&14 and a C final to Open.
- Also, based on the size of the meet, the meet director and meet referee reserve the right to move 11/12 events to the middle session. A timeline will be published on the Wednesday or before the start of the meet.
- Warm up times may be modified based on the size of the meet.
- Swimmers attending the meet without a coach must communicate with the meet director before the start of the meet for warm up placement with the host team.
- The 10&U 500 free will be swum mixed gender, but scored by gender.



- Based on timelines, the 11-12 relays and 13-14 relays are timed finals and may be swum in prelims or in finals based on timelines. A timeline will be published on the Wednesday or before the start of the meet.
- Teams are limited to an A and B relay per relay event.

**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 30 minutes prior to each session. Attire for prelim sessions is white over khaki, with white shoes. Attire for final sessions is light blue over khaki, with white shoes.

**SESSION MEET START TIMES:**

December 6, 2019 – Timed Finals

Warm ups: 4:00 p.m.  
Competition begins: 5:00 p.m.

December 7, 2019

11&Over Preliminaries  
Warm ups: 8:00 a.m.  
Competition begins: 9:30 a.m.

10&U – Timed Finals  
*\*Warm ups/competition will start immediately following completion of morning session and last one hour.*

December 8, 2019

11&Over Preliminaries  
Warm ups: 8:00 a.m.  
Competition begins: 9:30 a.m.

10&U – Timed Finals  
*\*Warm ups/competition will start immediately following completion of morning session and last one hour.*

*\* Please view timeline published on the Ensworth Aquatics' website no later than Wednesday the week of the meet for more specific times/information related to 10&U warm ups.*



## **FINALS START TIMES**

11&Over Only

December 7, 2019 and December 8, 2019

Warm ups: 4:30 p.m.

Competition begins: 5:30 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, release forms, and entry fees including surcharges must be received by the Entry Chair by 5:00 p.m. on November 18, 2019. The Open 400 IM, 500 Free, Open 1000 Free, Open 1650 Free, 11-12 200 IM and 500 Free, and 10&U 500 Free 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, and is at the discretion of the meet director/meet referee.* Entries are to be submitted to: [eaqmeets@gmail.com](mailto:eaqmeets@gmail.com)



**MEET FEES:**

\$ 6.00 per individual event. \$15.00 facility fee per athlete. \$10 late entry fee. Relays \$12.00. \$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 3 individual events per day, not to exceed 7 events for the meet. Note: Limit for Friday timed final events is one event per athlete. The Meet Director/Meet Referee reserves the right to combine heats and/or events (including combining genders) in order to facilitate the conduct of the meet. The Meet Director/Meet Referee 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, and 10&Under categories.

**MEET FORMAT:**

Prelims and Finals will be swum for the 11& over events. Timed finals for 10&Under events. Finals will be swum as follows: 11&12 A final, 13-14 A final, Open A&B finals. Ten lanes will be swum in finals. Based on the size of the meet, a B final may be added to 13&14 and a C final to Open. Heats and finals will be swum in a 10 lane 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 are at the discretion of the Meet Referee. Only a coach can request a time trial by requesting with the meet director or meet referee. 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.

**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:

Steven Murry

920 Heritage Way

Brentwood, TN 37027

[Ses.general.chair@gmail.com](mailto: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:

13&Over 1000/1650 Free - Friday	4:00 p.m.
11&12 500 free - Friday	4:00 p.m.
11&12 200 IM – Friday	4:00 p.m.
13&Over 400 IM - Friday	4:00 p.m.
10&U 500 Free – Saturday	2:00 p.m.
500 Free – Sunday	9:30 a.m.



<b>Friday, December 6, 2019 Events</b>		
Girls		Boys
1	11-12 200 Y IM	2
3	13 & Over 400 Y IM	4
5	13 & Over 1,650 Y Freestyle	6
7	13 & Over 1,000 Y Freestyle	8
9	11-12 500 Y Freestyle	10

<b>Saturday, December 7, 2019 Morning Events</b>		
Girls		Boys
11	11-12 200 Y Freestyle	12
13	13-14 200 Y Freestyle	14
15	Open 200 Y Freestyle	16
17	11-12 50 Y Backstroke	18
19	13-14 100 Y Backstroke	20
21	Open 100 Y Backstroke	22
23	11-12 100 Y Breaststroke	24
25	13-14 200 Y Breaststroke	26
27	Open 200 Y Breaststroke	28
29	11-12 50 Y Freestyle	30
31	13-14 50 Y Freestyle	32
33	Open 50 Y Freestyle	34
35	11-12 100 Y Butterfly	36
37	13-14 200 Y Butterfly	38
39	Open 200 Y Butterfly	40
101	*11-12 200 Y Medley Relay	102
103	*13-14 200 Y Medley Relay	104





<b>Saturday, December 7, 2019 Mid-Day Events</b>		
<b>Girls</b>		<b>Boys</b>
41	10 & Under 200 Y Freestyle	42
43	10 & Under 50 Y Breaststroke	44
45	10 & Under 100 Y Butterfly	46
47	10 & Under 50 Y Backstroke	48
49	10 & Under 100 Y I.M.	50
51	10 & Under 500 Y Freestyle	52
53	10 & Under 200 Y Medley Relay	54



<b>Sunday, December 8. 2019 Morning Events</b>		
<b>Girls</b>		<b>Boys</b>
55	13-14 200 Y I.M.	56
57	Open 200 Y IM	58
59	11-12 100 Y Backstroke	60
61	13-14 200 Y Backstroke	62
63	Open 200 Y Backstroke	64
65	11-12 50 Y Breaststroke	66
67	13-14 100 Y Breaststroke	68
69	Open 100 Y Breaststroke	70
71	11-12 100 Y Freestyle	72
73	13-14 100 Y Freestyle	74
75	Open 100 Y Freestyle	76
77	11-12 50 Y Butterfly	78
79	13-14 100 Y Butterfly	80
81	Open 100 Y Butterfly	82
83	13 & Up 500 Y Freestyle	84
105	*11-12 200 Y Free Relay	106
107	*13-14 200 Y Free Relay	108



<b>Sunday, December 8, 2019 Mid-Day Events</b>		
<b>Girls</b>		<b>Boys</b>
85	10 & Under 200 Y IM	86
87	10 & Under 50 Y Freestyle	88
89	10 & Under 100 Y Backstroke	90
91	10 & Under 50 Y Butterfly	92
93	10 & Under 100 Y Freestyle	94
95	10 & Under 100 Y Breaststroke	96
97	10 & Under 200 Y Freestyle Relay	98



**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](mailto:robin@seastarsaquatic.org)

Meet Referee: Alex Hughes [alexander.k.hughes@Vanderbilt.Edu](mailto:alexander.k.hughes@Vanderbilt.Edu)

Meet Director: Claire McCall [eaqmeets@gmail.com](mailto: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 Relays: \_\_\_\_\_ X \$12.00 per relay event Entry Fee = \$ \_\_\_\_\_  
# of Athletes: \_\_\_\_\_ X \$15.00 per athlete Facility Fee = \$ \_\_\_\_\_  
# of Events: \_\_\_\_\_ X \$10.00 per event Late Entry Fee = \$ \_\_\_\_\_

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