



**SOUTHEASTERN SWIMMING CHAMPIONSHIPS
LONG COURSE METERS
JULY 16-18, 2021
CENTENNIAL SPORTSPLEX
(NASHVILLE, TN)
WILLIAMSON COUNTY INDOOR SPORTS COMPLEX
(BRENTWOOD, TN)**

SES SANCTION NO: 21SENAC7-16

TIME TRIAL NO: 21SENAC7-16

HOST CLUB: Nashville Aquatic Club / Excel Aquatics

DATES OF MEET: July 16-18, 2021

ENTRY DEADLINE: OME will close Tuesday July 6, 2021 at 11:59pm CST

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming, and is a closed Championship competition for only those swimmers registered with Southeastern LSC 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. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. All coaches are required to sign in upon entry into the building and to show their coaching credentials. All Officials will wear their credentials on deck. In applying for this sanctioned event, Nashville Aquatic Club and Excel Aquatics agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, the State of Tennessee and all local governmental agencies.

MEET REFEREE: Tara Todd

SPORTSPLEX ADMIN REFEREE: Adrienne Russell

WCISC ADMIN REFEREE: Laura Carrico

WCISC DECK REFEREE: Jacqueline Wright

ENTRY QUESTIONS: Jack Folcarelli

jack@swimnac.com

OME QUESTIONS: Brian Haddad

brianehaddad@gmail.com

FACILITIES:

Centennial Sportsplex (222 25th Ave. N Nashville, TN 37203) - Indoor 50 meter pool, offering 8 lanes for long course competition, with pool depth a minimum of 7 feet. Automatic timing will be provided by Colorado Timing System with HYTEK interface. Manual back up will be used. An 8-lane scoreboard will be available. The competition course has been certified in accordance with 104.2.2C(4).

Williamson County Indoor Sports Complex (920 Heritage Way Brentwood, TN 37027) - Indoor 50 meter pool, offering 8 lanes for long course competition, with pool depth a minimum of 7 feet. Automatic timing will be provided by Daktronics Timing System with HYTEK interface. Manual back up will be used. An 8-lane scoreboard will be available. The competition course has been certified in accordance with 104.2.2C(4).

COVID-19 STATEMENT

We have taken enhanced health and safety measures for our athletes, coaches, officials, and volunteers. All involved must follow all safety measures included in our Meet Safety Protocols while participating in the Southeastern Swimming Long Course Championship Meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in the meet, you voluntarily assume all risks related to exposure to COVID-19.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

ELIGIBILITY:

Age groups are: 10&U, 11-12, 13-14, and Senior. Age on the first day of the meet determines the age group for the entire meet. All swimmers shall be registered with Southeastern Swimming through United States Swimming, Inc. There will be NO on-deck USA Swimming Registration available at the meet. A Southeastern-affiliated swimmer may compete as a member of a relay team whether or not they qualify for any individual events.

QUALIFYING TIMES:

The 2020-2021 Southeastern Age Group Short Course Yards and Long Course Meters Time Standards will be used as qualifying times for all individual events. There will be no time standards for relays. ***Qualifying times must have been achieved between the period of September 1, 2019 and the entry deadline.*** Faster times achieved following the deadline will not be accepted in place of times already entered.

BONUS SWIMS:

Bonus entries are permitted if a swimmer has at least one allowable 2020-2021 Southeastern Swimming Qualifying Time. A swimmer with one qualifying time may swim up to two (2) bonus swims in which the swimmer has achieved the 2020-2021 Bonus Standard; two qualifying times, two (2) bonus swims; three qualifying times, two (2) bonus swims, etc.. Please note the following exceptions to rules regarding Bonus Swims:

- 1) No Bonus Swims will be allowed in events 400 meters and longer
- 2) The 13-14 Age Group and Open Age Group 50 meter Freestyle, 50 meter Backstroke, 50 meter Breaststroke, and 50 meter Butterfly events shall have no Bonus Standard and are open as Bonus events regardless of time provided a swimmer has not exceeded the maximum number of entries or Bonus Swims. Bonus Swims in the Open division for the 50 meter Freestyle, 50 meter Backstroke, 50 meter Breaststroke, and 50 meter Butterfly will be limited to athletes age 15&older.

TIME TRIALS:

Time Trials may be held at the conclusion of any preliminary or final session at a coach's or swimmer's request, and the Meet Referee's concurrence (time permitting). Time Trials will not be allowed if a swimmer has already swum three individual events on that day. Fees: \$10.00 per individual event; \$10.00 per relay.

WARMUP AND COMPETITION TIMES:

Thursday Pre-Meet Warmup: TBA

13&Over Prelims (Friday, Saturday, Sunday) – Warmup 7:15-8:45AM / Competition 9:00AM

11-12 Prelims and 10&U Timed Finals (Friday, Saturday, Sunday) – Warmup 7:15-8:45AM / Competition 9:00AM

11&Over Finals (Friday, Saturday, Sunday) - Warmup 3:45-4:45PM / Competition 5:00PM

ENTRY INFORMATION & MEET FORMAT

TEAM ENTRY:

All entries must be completed through the USA Swimming OME system. This shall be the only accepted way to enter this meet. OME will be open for entries beginning Monday June 7, 2021, and close at 11:59pm CST on Tuesday July 6, 2021. **NOTE: Please wait until your athletes have exhausted all of their chances to qualify or improve seed times to finalize your entry and check out.** The OME system does not allow for swimmers to change or delete a bonus swim once you check out of OME.

ENTRY LIMITS:

A swimmer may enter and swim **three (3)** individual events per day and no more than **six (6)** individual events in the meet. Once the Psych sheet is posted, a swimmer entered in the maximum number of events may not scratch one event to enter another event, except in cases involving a mistaken entry that may be corrected by the Meet Referee. Time Trial events count as one of the three events allowed on a given day, but do not count as one of the six individual events in the meet. Relay times should be listed for each entered relay (please use aggregate method of relay entry within OME). All relay participants must be entered in the meet by Friday July 16, 2021 at 9AM.

LATE ENTRIES:

Late entries are for first time qualifiers who achieved the qualifying times after the entry deadline or are updating bonus times to qualifying times. ***This is not a procedure to update times for seeding purposes only.*** You may submit an updated time for a swim that upgrades a swim from a bonus cut to a regular standard cut; this may allow for an additional bonus entry. Late entries will be accepted until 6:00pm CST Monday July 12, 2021 for individuals qualifying between July 7 and July 11 (only new cuts made during this time period or upgrading from Bonus to Qualifying Time). Late Entries must be sent using the official Late Entry Form which will be e-mailed to each coach and posted to the SES website.

ENTRY FEES:

Individual Events: \$7.00 per event
Relay Events: \$14.00 per relay
SES Surcharge: \$4.00 per athlete
Facility Surcharge: \$18.00 per athlete (includes downloadable heat sheet)
All entry fees will be paid at the clerk of course (Checks payable to Nashville Aquatic Club).

MEET FORMAT:

All 10&U events will be Timed Finals swum slowest to fastest with the exception of the 400 Free. All 11&Over individual events will be Prelims/Finals, except for all 1500 meter Freestyles and the 11&12 400 Free (which will be swum in its entirety in the Saturday AM session). The 1500 Free, 10&U 400 Free, and 11-12 400 Free events will swim fastest to slowest alternating Girls/Boys. The fastest heat of the women's and men's 1500 meter Freestyle will swim during the Finals session on Sunday night; earlier heats will swim in the morning after the conclusion of the preliminaries. Swimmers entered in the 1500 meter Freestyle may designate their preference to swim the event in the AM session. The top eight swimmers who state no preference shall be seeded and swim in the evening finals at the beginning of the finals session. Please note that the 1500 Freestyle events will be swum as 13&Over and separated for scoring into 13-14 and Senior.

All events will be swum in an eight lane course. 11-12 and 13-14 events will each have one final heat at night (the top 8 finishers from prelims). Senior events will swim final and consolation final heats (top 16 prelims finishers). All events 400 meters and longer will be deck-seeded with positive check-in by 8:30 AM. Meet management reserves the right to run chase starts during preliminaries if needed to improve timeline.

The 13-14 and Open Age Group 400 meter IM and 400 meter Freestyle events will be swum in the following manner during prelims: The fastest 2 heats will be circle seeded and swum fast to slow alternating Girls/Boys with any remaining heats coming after the second circle seeded heat, swum fast to slow and also alternating Girls/Boys. We will complete all 13-14 heats before beginning the Senior events. (NOTE: This is not an A Flight/B Flight setup).

13-14 and Open Relays will be deck seeded Timed Finals. 11-12 and 10&Under Relays are pre-seeded Timed Finals. Teams are limited to two relay entries in each relay event. Relay cards will be distributed in coaches' packets. 13&Over relay cards will constitute positive check-in and must be completely and properly filled out and submitted to Clerk of Course by 5:00PM on the day of the event in order for the relay team to swim. All 12&U Relays will swim at the beginning of their sessions on Friday and Saturday mornings - these relay cards should be submitted at 8:30am on their respective days. All 13& Over Relays will swim during the finals sessions on Friday and Saturday. 13-14 relays will be swum fastest to slowest alternating Girls/Boys. Open relays will then follow and will also be swum fastest to slowest alternating Girls/Boys.

Relay Entry Note: The OME system defaults your relay entry time to your team's all time fastest relay time and does not allow for a simple made up entry time. ***Coaches should use the aggregate relay builder to enter more accurate relay entry times (make sure events selected are LCM)***

RULES AND PROCEDURES

RULES:

In the interest of safety, 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. 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. 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.

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." Southeastern Swimming Safety Guidelines and Warm-up Procedures will be in effect. 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. Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present.

DECK SEEDED EVENTS AND SCRATCH PROCEDURES:

Swimmers must do Positive Check-In with the Clerk of Course for all deck-seeded individual events and relays. Positive Check-In deadlines are as follows:

DAY	EVENT	DEADLINE
Friday	13&O 400 IM	8:30am
	13-14, Open Free Relay	4:30pm
Saturday	13&O 400 Free	8:30am
	12&U 400 Free	8:30am
	13-14, Open Medley Relay	4:30pm
Sunday	13&O 800/1500 Free	8:30am

Swimmers or relays who do not check-in with the Clerk of Course by the deadline will be seeded with a NT, but will be able to compete. 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 draw a line through the swimmer's name and place their initials next to the swimmer's name.

SCRATCH RULES FOR PRELIM/FINALS EVENTS:

Swimmers qualifying for finals or consolation finals must notify the Clerk of Course within 30 minutes of the announcement of the qualifiers for that final that they may not intend to compete. They must further declare their final intention to scratch within 30 minutes of the posting of the last preliminary event of the session or they will be seeded into the event. **Scratches must be given to the Clerk of Course.** Any swimmer failing to properly scratch and failing to compete in the consolation finals and finals shall be barred from the remainder of the meet unless relieved for good cause by the Referee. The penalty for failing to properly scratch and failing to compete in a Sunday evening consolation final or final event is a \$25 fine.

SCORING:

Individual Events 1-8 (all age groups):	20-17-16-15-14-13-12-11
Consolation Finals 9-16 (open age group only):	9-7-6-5-4-3-2-1
Relay Events 1-8 (all age groups):	40-34-32-30-28-26-24-22
Relay Events 9-16 (open age group only):	18-14-12-10-8-6-4-2

AWARDS:

Awards will be provided by Southeastern Swimming.

- Medals will be given for 1st-8th place for individual events and 1st-4th for relays.
- Pennant will be awarded for the top scoring team in combined category.
- “Best All Around” trophy will be awarded to top scoring individual for each age group for both girls and boys.
- “Outstanding Performance Award” shall be given to one female athlete and one male athlete based on the single highest scoring swim using Hy-Tek’s Single Age Power Point System.
- Plaque will be awarded to age group team champions of each gender based on total individual points and the single highest-ranking relay.

MEETINGS:

- If necessary, Coaches’ meeting will be at 8:45AM, Friday July 16, 2021.
- Officials will meet 45 minutes before each session for deck assignments.
- Timers will meet on the deck 30 minutes before each session.

OFFICIALS:

This meet has been designated an Officials Qualifying Meet (OQM) for National Certification. Those requesting N2/N3 evaluations need to complete the USAS application and forward to the Meet Referee. No official will be permitted to work during a session unless they have filled out an “Application to Officiate” form (found on the SES web site under ‘Members’ / ‘Officials’, and been accepted by the Meet Referee). The Southeastern Swimming Officials Committee will assign officials, with the concurrence of the Tech Planning Chair and the Host Meet Director.

MEET EVALUATION:

You are encouraged to send a meet evaluation to the Southeastern Swimming General Chairman:
Steven Murry ses.general.chair@gmail.com

SOUTHEASTERN SWIMMING LC CHAMPIONSHIPS

FRIDAY JULY 16, 2021

13 & OVER PRELIMINARY SESSION

WARM-UP: 7:15-8:45AM

COMPETITION: 9:00AM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
1	<i>Any Time</i>	100 QT	13-14 50 FLY	100 QT	<i>Any Time</i>	2
3	<i>Any Time</i>	100 QT	*OPEN 50 FLY*	100 QT	<i>Any Time</i>	4
5	2:22.09	2:19.29	13-14 200 FREE	2:14.89	2:17.59	6
7	2:18.69	2:15.89	OPEN 200 FREE	2:03.39	2:05.89	8
9	1:26.79	1:25.09	13-14 100 BREAST	1:22.19	1:23.89	10
11	1:24.89	1:23.19	OPEN 100 BREAST	1:14.89	1:16.39	12
13	1:15.39	1:13.89	13-14 100 BACK	1:12.09	1:13.59	14
15	1:13.29	1:11.79	OPEN 100 BACK	1:05.59	1:06.99	16
17	No Bonus	5:38.59	**13-14 400 IM**	5:28.09	No Bonus	18
19	No Bonus	5:30.99	**OPEN 400 IM**	5:00.79	No Bonus	20

* Bonus Entries into the Open 50 Butterfly will be restricted to 15&Over athletes

**Deck-seeded Preliminaries; positive check-in by 8:30AM; Fast to Slow Alternating Girls/Boys

11-12 PRELIMINARIES & 10&UNDER TIMED FINALS SESSION

WARM-UP: 7:15-8:45am

COMPETITION: 9:00am

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
25	N/A	N/A	*10&U 200 FREE RELAY*	N/A	N/A	26
27	N/A	N/A	*11-12 200 FREE RELAY*	N/A	N/A	28
29	3:02.29	2:58.69	10&U 200 FREE	3:01.69	3:05.39	30
31	2:35.59	2:32.49	11-12 200 FREE	2:37.39	2:40.59	32
33	1:54.39	1:52.09	10&U 100 BREAST	1:57.99	2:00.39	34
35	1:38.89	1:36.89	11-12 100 BREAST	1:40.89	1:42.99	36
37	45.69	44.79	10&U 50 BACK	46.59	47.59	38
39	38.89	38.09	11-12 50 BACK	39.29	40.09	40

*Relay cards due by 8:30 AM.

11&OVER FINALS SESSION

WARM-UP: 3:45-4:45PM

COMPETITION: 5:00PM

Events from Prelims Starting with 13-14 50 Fly, Open 50 Fly, 11-12 200 Free, 13-14 200 Free.....

21	N/A	N/A	*13-14 400 FREE RELAY*	N/A	N/A	22
23	N/A	N/A	*OPEN 400 FREE RELAY*	N/A	N/A	24

*Relay cards due by 4:30 PM. Events will be swum fastest to slowest alternating Girls/Boys

SOUTHEASTERN SWIMMING LC CHAMPIONSHIPS

SATURDAY JULY 17, 2021

13 & OVER PRELIMINARY SESSION

WARM-UP: 7:15-8:45AM

COMPETITION: 9:00AM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
41	Any Time	100 QT	13-14 50 BACK	100 QT	Any Time	42
43	Any Time	100 QT	*OPEN 50 BACK*	100 QT	Any Time	44
45	2:53.59	2:50.19	13-14 200 FLY	2:44.99	2:48.29	46
47	2:44.09	2:40.79	OPEN 200 FLY	2:22.39	2:25.29	48
49	Any Time	29.69	13-14 50 FREE	28.19	Any Time	50
51	Any Time	28.99	*OPEN 50 FREE*	26.09	Any Time	52
53	3:09.39	3:05.59	13-14 200 BREAST	2:58.59	3:02.19	54
55	3:02.79	2:59.19	OPEN 200 BREAST	2:44.59	2:47.89	56
57	No Bonus	4:52.99	13-14 400 FREE**	4:46.99	No Bonus	58
59	No Bonus	4:45.29	OPEN 400 FREE**	4:21.79	No Bonus	60

* Bonus Entries into the Open 50 Backstroke and 50 Freestyle will be restricted to 15&Over athletes

**Deck-seeded Preliminaries; positive check-in by 8:30AM; Fast to Slow Alternating Girls/Boys

11-12 PRELIMINARIES & 10&UNDER TIMED FINALS SESSION

WARM-UP: 7:15-8:45AM

COMPETITION: 9:00AM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
65	N/A	N/A	*10&U 200 MEDLEY RELAY*	N/A	N/A	66
67	N/A	N/A	*11-12 200 MEDLEY RELAY*	N/A	N/A	68
69	1:48.69	1:46.49	10&U 100 FLY	1:50.79	1:53.09	70
71	1:25.09	1:23.39	11-12 100 FLY	1:28.09	1:29.89	72
73	38.29	37.49	10&U 50 FREE	37.89	38.69	74
75	32.59	31.89	11-12 50 FREE	32.89	33.59	76
77	52.79	51.69	10&U 50 BREAST	54.29	55.39	78
79	44.79	43.89	11-12 50 BREAST	46.49	47.49	80
81	No Bonus	6:08.59	**10&U 400 FREE**	6:35.49	No Bonus	82
83	No Bonus	5:17.19	***11-12 400 FREE***	5:27.49	No Bonus	84

*Relay cards due by 8:30 AM.

**10&U 400 Free will be swum Timed Finals / Fast to Slow Alternating Girls/Boys; positive check-in by 8:30AM

***11-12 400 Free will be swum Timed Finals / Fast to Slow Alternating Girls/Boys; positive check-in by 8:30AM

11&OVER FINALS SESSION

WARM-UP: 3:45-4:45PM

COMPETITION: 5:00PM

Events From Prelims Starting with 13-14 50 Back, Open 50 Back, 11-12 100 Fly, 13-14 200 Fly.....

61	N/A	N/A	*13-14 400 MEDLEY RELAY*	N/A	N/A	62
63	N/A	N/A	*OPEN 400 MEDLEY RELAY*	N/A	N/A	64

*Relay cards due by 4:30 PM. Events will be swum fastest to slowest alternating Girls/Boys

SOUTHEASTERN SWIMMING LC CHAMPIONSHIPS

SUNDAY JULY 18, 2021

13 & OVER PRELIMINARY SESSION

WARM-UP: 7:15-8:45AM

COMPETITION: 9:00AM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
89	<i>Any Time</i>	100 QT	13-14 50 BREAST	100 QT	<i>Any Time</i>	90
91	<i>Any Time</i>	100 QT	*OPEN 50 BREAST*	100 QT	<i>Any Time</i>	92
93	2:42.69	2:39.49	13-14 200 BACK	2:35.69	2:38.89	94
95	2:39.59	2:36.39	OPEN 200 BACK	2:25.29	2:28.19	96
97	1:05.89	1:04.59	13-14 100 FREE	1:01.29	1:02.59	98
99	1:03.99	1:02.69	OPEN 100 FREE	56.89	58.09	100
101	2:41.59	2:38.39	13-14 200 IM	2:34.99	2:38.09	102
103	2:39.09	2:35.89	OPEN 200 IM	2:22.79	2:25.69	104
105	1:12.79	1:11.29	13-14 100 FLY	1:09.69	1:11.09	106
107	1:10.59	1:09.19	OPEN 100 FLY	1:02.19	1:03.49	108
			----10 minute break----			
85	<i>No Bonus</i>	19:53.19	**13-14 1500 FREE**	18:51.19	<i>No Bonus</i>	86
87	<i>No Bonus</i>	18:53.29	**OPEN 1500 FREE**	17:21.69	<i>No Bonus</i>	88

* Bonus Entries into the Open 50 Breaststroke will be restricted to 15&Over athletes

**1500 Free will be swum combined 13&Over scored separately 13-14 and Open. Fastest heat of 1500 Free will be swum at the beginning of Finals. Swimmers may declare their intention of a morning swim at check-in. Event will be conducted as Timed Finals, Fast to Slow Alternating Girls/Boys; check-in by 8:30AM

11-12 PRELIMINARIES & 10&UNDER TIMED FINALS SESSION

WARM-UP: 7:15-8:45AM

COMPETITION: 9:00AM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
109	1:37.69	1:35.69	10&U 100 BACK	1:40.99	1:43.09	110
111	1:23.29	1:21.59	11-12 100 BACK	1:26.89	1:28.69	112
113	1:24.89	1:23.19	10&U 100 FREE	1:25.29	1:26.99	114
115	1:12.59	1:11.09	11-12 100 FREE	1:13.49	1:14.99	116
117	3:21.69	3:17.69	10&U 200 IM	3:33.79	3:38.09	118
119	2:59.19	2:55.59	11-12 200 IM	3:02.19	3:05.89	120
121	45.19	44.29	10&U 50 FLY	46.19	47.19	122
123	36.09	35.39	11-12 50 FLY	37.59	38.39	124

*Relay cards due by 8:30AM

11&OVER FINALS SESSION

WARM-UP: 3:45-4:45PM

COMPETITION: 5:00PM

Events From Prelims Starting with 13-14 50 Breast, Open 50 Breast, 11-12 200 IM, 13-14 200 Back.....

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 Email: jack@swimnac.com

Meet Referee Email:

Disability Chair: Robin Heller robin@seastarsaquatics.org

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach or team representative, verify that all the **swimmers** and **coaches** listed on the enclosed my team's entry are registered with 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.

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. Nashville Aquatic Club, Excel Aquatics, City of Nashville, City of Brentwood, Metro Parks, Williamson County Parks and Recreation, Centennial Sportsplex, Williamson County Indoor Sports Complex, 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:
TITLE:	DATE:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.