



Ensworth Aquatics Holiday Classic December 2 to 4, 2022

NOTE: Nashville/Davidson County has lifted all COVID-19 capacity restrictions. Spectators are allowed. Masks are currently not required. We will communicate any updates to these requirements closer to the event.

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.

In applying for the sanctioned meet on December 2-4, 2022, Ensworth Aquatics, agrees to comply and to enforce health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, the State of Tennessee and Davidson County.



Ensworth Aquatics Holiday Classic December 2 to 4, 2022

Held under the sanction of USA Swimming and Southeastern Swimming, Inc.

SANCTION NUMBER: 22SEENSW12-2

SANCTION NUMBER FOR TIME TRIAL: 22SEENSW12-2TT

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 number of lanes used for competition will be determined by the number of entries. 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 except for the 500 Freestyle, 400 IM, and 1,650 Freestyle. Those events will be Timed Final with the fastest combined 13 & Over 400 IM and 1,650 swum during Finals. Timed finals only will be swum 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 before the start of the meet.
- Warm up times may be modified based upon the size of the meet.
- 12 & UNDER TECH SUITS: No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet. A Technical Suit is one that has the following components:
 - a.) Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
 - b.) Any suit with woven fabric extending past the hips



- 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 and scored by gender.

OFFICIALS:

Meet Referee: Alex Hughes alexhughes6222@gmail.com

Meet Director: Margaret Mason eaqmeets@gmail.com

Admin Official: Jessica Jackson eaqmeets@gmail.com

Entries Chair: Cissy Fleet 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: * Please view the 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.

December 2, 2022 – Timed Finals

Warm ups: 4:00 p.m.

Competition begins: 5:30 p.m.

December 3, 2022

13&Over Preliminaries

Warm ups: 7:30 a.m.

Competition begins: 9:00 a.m.

11-12 Prelim/Final + 10&U – Timed Finals

**Warm ups will start immediately following the conclusion of the morning session, competition to begin one hour after the morning session concludes.*

December 4, 2022

13&Over Preliminaries

Warm ups: 7:30 a.m.

Competition begins: 9:00 a.m.

11-12 Prelim/Final + 10&U – Timed Finals

**Warm ups will start immediately following the conclusion of the morning session, and competition to begin one hour after the morning session concludes.*



Finals Start Time Dec. 3 & 4, 2022

11&Over Only

December 2, 2022: Warm ups 4:30 p.m. - Competition 5:30 p.m.

December 3 & 4, 2022: Warm ups: 4:30 p.m. - Competition 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 are requested to 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, 2022. 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.

Entries are to be submitted to:

Meet Entries Chair: Cissy Fleet

Ensworth Aquatics

EAqMeets@gmail.com

7401 Highway 100

Nashville, TN 37221

MEET FEES:

\$7.00 per individual event / \$10 individual late entry fee



\$12 per relay event / \$20 relay late entry fee

\$15.00 facility fee per athlete

\$4.00 per athlete for Southeastern Swimming (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

DECK ENTRIES:

Deck Entry into the meet is not permitted. All competing athletes must be entered into the meet prior to the start of the first session. Late Entries (for athletes already entered but adding an event) will be permitted if lane space is available in an existing heat. New heats will not be created for Late Entries.

LIMITS:

11 & Over swimmers are limited to 3 individual events per day, not to exceed 7 events for the meet. 10 & Under swimmers are limited to 4 individual events per day, not to exceed 8 events for the meet. 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:

Jon Boxmyer
jboxmeyer@hotmail.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:

Friday 500 Free	5:30 p.m.
10&U 500 Free – Sunday	Due at Beginning of Session
1,650 Free – Sunday	9:30 a.m.



MEET EVENTS:

Friday, December 2, 2022
Warm ups: 4:00 p.m.
Competition begins: 5:30 p.m.

Events		
Girls		Boys
1	13-14 & Over 50 Freestyle	2
3	13 & Over 200 IM	4
5	13 & Over 500 Freestyle	6
7	11-12 500 Freestyle	8

Saturday, December 3, 2022
Warm ups: 7:30 a.m.
Competition begins: 9:00 a.m.

Girls	Morning Events	Boys
9	13-14 200 Freestyle Relay	10
11	Open 200 Freestyle Relay	12
	5 Minute Break	
13	13 & Over 400 IM	14
15	13-14 100 Butterfly	16
17	Open 100 Butterfly	18
19	13-14 200 Freestyle	20
21	Open 200 Freestyle	22
23	13-14 200 Breaststroke	24
25	Open 200 Breaststroke	26
27	13-14 100 Backstroke	28
29	Open 100 Backstroke	30



Saturday, December 3, 2022

**Warm ups immediately following completion of the morning session,
competition one hour after the morning session concludes.*

Girls	Mid-Day Events	Boys
31	11-12 200 Freestyle Relay	32
33	10 & Under 200 Freestyle Relay	34
	5 Minute Break	
35	11-12 100 IM	36
37	10 & Under 100 IM	38
39	11-12 50 Butterfly	40
41	10 & Under 50 Butterfly	42
43	11-12 200 Freestyle	44
45	10 & Under 200 Freestyle	46
47	11-12 50 Breaststroke	48
49	10 & Under 50 Breaststroke	50
51	11-12 100 Backstroke	52
53	10 & Under 100 Backstroke	54
55	11-12 50 Freestyle	56
57	10 & Under 50 Freestyle	58



Sunday, December 4, 2022
Warm ups: 7:30 a.m.
Competition begins: 9:00 a.m.

Girls	Morning	Boys
59	13-14 200 Medley Relay	60
61	Open 200 Medley Relay	62
	5 Minute Break	
63	13-14 100 Freestyle	64
65	Open 100 Freestyle	66
67	13-14 200 Butterfly	68
69	Open 200 Butterfly	70
71	13-14 100 Breaststroke	72
73	Open 100 Breaststroke	74
75	13-14 200 Backstroke	76
77	Open 200 Backstroke	78
79	13 & Up 1,650	80

Sunday, December 4, 2022

**Warm ups immediately following completion of the morning session,
 competition one hour after the morning session concludes.*

Girls	Mid-Day Events	Boys
81	10 & Under 200 Medley Relay	82
83	11-12 200 Medley Relay	84
	5 Minute Break	
85	10 & Under 200 IM	86
87	11-12 200 IM	88



89	10 & Under 100 Freestyle	90
91	11-12 100 Freestyle	92
93	10 & Under 100 Butterfly	94
95	11-12 100 Butterfly	96
97	10 & Under 100 Breaststroke	98
99	11-12 100 Breaststroke	100
101	10 & Under 50 Backstroke	102
103	11-12 50 Backstroke	104
105	10 & Under 500 Freestyle	106

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 alexhughes6222@gmail.com
Meet Director: Margaret Mason eaqmeets@gmail.com
Entries Chair: Cissy Fleet eaqmeets@gmail.com



2022 WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I, the undersigned coach or team representative, verify that all **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, meet directors and officials involved with USA Swimming competition must be registered.

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. Ensworth Aquatics, 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:	
Print Name:	
Title:	
Phone:	
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 \$4.00 SES Surcharge = \$ _____
of Events: _____ X \$7.00 per event Entry Fee = \$ _____
of Relay Events _____ x \$12.00 Per event Event Fee = \$ _____
of Athletes: _____ X \$15.00 per athlete Facility Fee = \$ _____
of Events: _____ X \$10.00 per event Late Entry Fee = \$ _____
of Relay Events _____ x \$10.00 Per event Late Entry Event Fee = \$ _____
TOTAL DUE: \$ _____