

2023 ARENA Long Course Invitational

May 5-7, 2023

Hosted by: Baylor Swim Club,
171 Baylor School Rd
Chattanooga, TN 37405
423-267-8506 x267

Location: Baylor School Natatorium
171 Baylor School Road
Chattanooga, TN 37405

Held under the sanction of USA Swimming and Southeastern Swimming, Inc -
SANCTION NUMBER: 23SEBAY5-5

Facility: Indoor, 20-lane 50 meter, 7' deep in the shallow end, 13' deep in the diving well end. Non-turbulent lane ropes. The competition course has been certified in accordance with 104.2.2C(4). 2-Womens and 2 Men's locker rooms are available. Seating for 700 in the balcony. Additional area for seating in the adjacent gymnasium. Ample parking is available on campus.

Timing: Fully automatic Daktronic Timing System with 2- 10 Lane/Place/Time display score boards. Manual backup. Hytek Meet Manager files will be posted on the hosted meets page.

Officials: Meet Director: Laura Pitman
171 Baylor School Road
Chattanooga, TN 37405
Phone: 423-267-8506, x-267
Email: meets@baylorswimming.org

Meet Referee: Elliott Peigen
epeigen@gmail.com
423-664-2437

Admin Official: Melissa Waldrep
melissa.waldrep@gmail.com
423-316-6476

Visiting officials are welcomed and encouraged to assist with the conduct of the meet.
Please contact meet referee with your interest

Eligibility: All participants must be registered USA Swimming athletes, and 2023 registration numbers are required to be listed on the entry forms. No entry will be accepted without the registration number. There will be no on deck USA registration.

Rules. Current USA Swimming rules will govern the conduct of the meet unless otherwise noted herein. It is the swimmers' and coaches' responsibility to acquaint themselves with the meet information. Coaches are responsible for their team's swimmers throughout the meet, including warm up and warm down. 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.

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." Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present. Except where venue facilities require otherwise changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited

Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present.

Warmup: USA and SES warm-up guidelines will be in effect. The Meet Director will post and announce the warm-up procedure prior to the start of the meet. All swimmers and coaches will follow this procedure. **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.** It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Swimmers attending without a coach MUST see the meet director to be assigned a coach to warm up with.

Schedule: Evening Session:

Friday, May 5, 2023
Warm-up: 3:30 PM – 4:20 PM
Meet Starts: 4:30 PM

Morning Sessions:

Saturday & Sunday, May 6-7, 2023
Warm-up: 8:00 AM – 8:50
Meet Starts: 9:00 AM

Afternoon Sessions:

Saturday & Sunday, May 6-7, 2023

Warm-up: A warm up of 40 minutes immediately following AM session

Meet Starts: following Warm-up. **Approximate timeline will be posted before the meet.**

An approximate timeline will be posted the week of the meet.

Fees: \$8.00 per individual event fee and \$12 per relay event. There will be a \$4.00 SES surcharge for all swimmers. There is also a \$15.00 facility charge per swimmer this includes online Heat sheet. Late entry charge is \$12.00 per individual event. Make checks payable to **BAYLOR SWIM CLUB**. No refunds will be made.

Entry limits: Swimmers may enter a maximum of 5 individual events per day. This meet is limited space. Entries will be accepted on a first-come, first-serve basis.

Entry: All entries should be sent via Hy-tek TM file. Please be sure to include a hard copy for proof reading purposes. Please complete team Liability Waiver and Entry Recap. Entries may be sent via e-mail to meets@baylorswimming.org. Please avoid PHONE or FAX entries.

Entry forms, summary sheets, entry fees, and surcharges must be received by the Meet Director on or before **5:00 PM Eastern time April 26, 2023**

Entries shall include the name and phone number of a contact coach/representative. Please waive the signature requirement for Fed-Ex, UPS, and overnight deliveries. A psych sheet will be posted on the host team web site by the end of the day on April 28, 2023

Late entries may be accepted at the discretion of the Meet Director; however, they will be accepted on a "lane available" basis and may not appear on the heat sheet. This is an OPEN meet. The swimmer's best competitive long course time should be entered. Times will not be changed because of new times achieved after the entry deadline. Please make one check payable to **BAYLOR SWIM CLUB**.

Seeding: Fridays' events will be deck seeded as well as the Sr. 400 IM on Saturday and Sr. 400 Free on Sunday. Swimmers participating on Friday and in the 400 IM and 400 Free must check in with the Clerk of Course per the following schedule:

Fridays' events: by 4:00 PM Friday

Saturday and Sunday events: 9:00 AM

PROCEDURE FOR POSITIVE CHECK-IN OR SCRATCHING: 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 line through the swimmer's name and place their initials next to the swimmer's name.

SUIT, DECK CHANGE RULE and CHANGING AREAS: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Swimmers should not suit change in public restrooms in the main hallway. The swimmers must wear only one swimsuit in one of two pieces, except as provided in 205.10.1. All swimsuits shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. No technical suits shall be worn by any 12 and under USA Swimming athlete member in competition at any sanctioned, approved, or observed meet. Note-102.8.F

Special Notes:

Coaches will be required to check in at the clerk of course and show their 2022-2023 coaches certification in order to be allowed on the deck and pick up your team packet.

In accordance with Southeastern Swimming Guidelines, overhead starts, whistle starts, and the "no recall rule" will apply.

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 the 400 IM, the 400 Freestyle and the 1500 Freestyle to the fastest four heats of each event.

In the interest of safety, all coaches and swimmers are asked to observe all posted pool and facility rules and conduct themselves in a safe and prudent manner. All coaches must be currently certified to USA Swimming requirements.

Should there be any questions, meet officials will recognize coaches or their designated representative ONLY.

Results will be posted on the hosted meets page of www.baylorswimming.org after approval from southeastern swimming.

Failing to swim an individual event after a positive check-in will result in the

swimmer being barred from his/her next individual event, whether it is that day or the next day, unless excused with justified cause by the meet referee.

Evaluations: Any comments, suggestions, or evaluations should be mailed to:

John Boxmeyer - jboxmeyer@hotmail.com

Swimmer Registration Waiver:

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:

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.

USA Club Coach/Representative

Date

SESSION I: Friday, May 5, 2023 Warm-up begins at 3:30 PM.

Competition begins at 4:30 PM.

Continuous warm-up/warm-down will be available.

GIRLS	EVENTS	BOYS
1	* Sr 1500 Free	2
3	* Sr. 800 Free	4
5	*12 & under 400 FREE	6

Positive check in for Distance events will be posted at the clerk of course. All swimmers must be checked in by 4 PM.

Swimmers in the 1500 and 800 Free events must provide their own counter.

SATURDAY, May 6, 2023**SESSION II:****Warm-up begins at 8:00 AM.****Competition begins at 9:00 AM.**

Continuous warm-up/warm-down will be available.

GIRLS	EVENTS	BOYS
7	13&14 200 Free	8
9	Senior 200 Free	10
11	13 & 14 100 Back	12
13	Senior 100 Back	14
15	13 & 14 100 Breast	16
17	Senior 100 Breast	18
19	13 & 14 200 Fly	20
21	Senior 200 Fly	22
23	13 & 14 50 Free	24
25	Senior 50 Free	26
	5 minute break	
27	*Senior 400 IM	28

Positive check in for the 400 IM closes at 9:00 AM

SATURDAY, May 6, 2023

SESSION III: Warm-up will begin 20 minutes following the AM session. This will be a 40 minute session.
Competition will begin immediately following warm up.

Continuous warm-up/warm-down will be available.

GIRLS	EVENTS	BOYS
29	12 & Under 200 Free	30
31	10 & Under 50 Breast	32
33	11-12 50 Breast	34
35	10 & Under 100 Back	36
37	11 & 12 100 Back	38
39	10 & Under 50 Free	40
41	11 & 12 50 Free	42
43	10 & Under 50 Fly	44
45	11 & 12 50 Fly	46

SUNDAY, May 7, 2023

SESSION IV: Warm-up begins at 8:00 AM.
Competition begins at 9:00 AM.
 Continuous warm-up/warm-down will be available.

GIRLS	EVENTS	BOYS
47	13-14 200 IM	48
49	Sr. 200 IM	50
51	13-14 200 Back	52
53	Sr. 200 Back	54
55	13-14 200 Breast	56
57	Sr. 200 Breast	58
59	13-14 100 Free	60
61	Sr. 100 Free	62
63	13-14 100 Fly	64
65	Sr. 100 Fly	66
	5 minute Break	
67	*Sr. 400 Free	68

Positive check-in for the 400 Free will close at 9:00 AM

SESSION V:

**Warm-up will begin 20 minutes following the morning session.
Competition will begin immediately following the warm-up session.**

Continuous warm-up/warm-down will be available.

GIRLS

69
71
73
75
77
79
81
83
85

EVENTS

12 & Under 200 IM
10 & Under 100 Free
11-12 100 Free
10 & Under 100 Breast
11-12 100 Breast
10 & Under 50 Back
11-12 50 Back
10 & Under 100 Fly
11-12 100 Fly

BOYS

70
72
74
76
78
80
82
84
86

««SAFETY»»

In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool and facility rules referred to in this meet information and to conduct themselves in a safe and prudent manner. The Baylor Swim Club and any meet sponsors are not responsible for any injury, damage, or loss of valuables during the meet. Failure to adhere to posted school speed limits and parking signs may result in ticketing. No smoking or glass containers are allowed inside the natatorium.

Lodging: Located closest to the school approximately 3 miles away in downtown Chattanooga.

Holiday Inn Express Hotel and Suites Downtown – 423-664-4321

Courtyard by Marriott: 423-755-0871

Hampton Inn Downtown: 423-265-0077,

Days Inn Rivergate: 423-266-7331,

The Chattanooga Hotel: 423-756-3400,

Read House, 423-266-4121,

Wingate Inn, 423-893-7400,

Comfort Inn East Ridge, 423-893-7979

Chattanooga is a regional tourist center and offers many attractions, including:

The Tennessee Aquarium; Children's Discovery Museum; IMAX Theater, Coolidge Park with its carousel and water garden; shopping at Tennessee's largest mall, Hamilton Place Mall; Outlet Mall shopping at Warehouse Row; Bluff View Arts district; and the free Friday night concert series at Miller Park located in downtown Chattanooga during the summer. White water rafting on the Olympic venue, Ocoee River, is located within an hour drive.

ENTRY FORM

**Times should be in LONG COURSE Meters. Converted times will not be accepted.
Please duplicate as needed**

		EVENT #	EVENT NAME	BEST TIME	EVENT #	EVENT NAME	BEST TIME
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						

ENTRY FORM SUMMARY

May 5-7, 2023

TEAM NAME: _____ ABBRV: _____

TEAM ADDRESS: _____

TEAM COACH: _____ TELEPHONE#: _____

TEAM REP: _____ TELEPHONE#: _____

<u>AGE GROUP</u>	<u>SEX</u>	<u>SWIMMERS</u>	<u>EVENTS</u>
10 & UNDER	GIRLS	_____	_____
	BOYS	_____	_____
11-12	GIRLS	_____	_____
	BOYS	_____	_____
13-14	GIRLS	_____	_____
	BOYS	_____	_____
SENIOR	GIRLS	_____	_____
	BOYS	_____	_____
	BOYS	_____	_____

TOTAL NUMBER SWIMMERS _____ X \$4.00 SE SURCHARGE = \$ _____

TOTAL NUMBER SWIMMERS _____ X \$15.00 Facility Fee = \$ _____

TOTAL EVENTS ENTERED _____ X \$8.00 PER Individual EVENT = \$ _____

TOTAL DUE = \$ _____

PLEASE LIST PARENTS ON YOUR TEAM WHO ARE USA OFFICIALS ON YOUR TEAM WHO WOULD LIKE TO WORK THIS MEET:

OFFICIALS NAME: _____ PHONE #: _____

OFFICIALS NAME: _____ PHONE #: _____

OFFICIALS NAME: _____ PHONE #: _____

OFFICIALS NAME: _____ PHONE #: _____

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 are registered with USA Swimming. 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. Baylor School, Baylor Swim 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 _____

Club: _____

Date: _____

Title: _____

USA Swimming Registered Coaches Attending This Meet:
