



SPEEDO MUSIC CITY INVITE

December 1-3, 2023

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming. Current USA Swimming technical rules and regulations, including the Minor Athlete Abuse Protection Policy ("MAAPP") will be followed apart from 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: 23SENAC12-1

SANCTION NUMBER FOR TIME TRIAL: 23SENAC12-1TT

HOST CLUB: Nashville Aquatic Club

LOCATION: Tracy Caulkins Competition Pool at Centennial Sportsplex 222 25th Avenue N Nashville, TN 37203

FACILITY: Indoor 50 meter by 25 yard pool divided by two 4-foot wide bulkheads into two 25 yard pools. Competition pool 1 runs from 7 feet at starting end to 8 feet deep, Competition pool 2 runs from 12 feet at starting end to 8 ½ feet deep. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. A separate warm down pool will be available. Wireless live results will be available at www.swimnac.com.

ELIGIBILITY: All participants must be USA Swimming registered athletes or the swimmer's own National equivalent. Entries will not be accepted without current registration numbers. Coaches and officials must present evidence of certification as required by Southeastern Swimming. A swimmer's age on the first day of the meet will determine his or her age for the entire meet. On deck registration will not be available.

USA Swimming rules will govern the meet, including the Minor Athlete Abuse Prevention Policy ("MAAPP"). 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.

MEET SESSIONS:

FRIDAY, SATURDAY, SUNDAY

PRELIMS: Open Warm-Up 6:45-7:15 am
 #1 Warm-up @ 7:15-8:00 am
 #2 Warm-up @ 8:00-8:45 am
 Competition @ 9:00 am

NON-QUALIFYING: Warm Up Will begin immediately after warm up, but not before 12:15pm.

FINALS: Warm-up @ 4:00-5:10 pm
 Competition @ 5:15 pm

WARM-UP TIME NOTES:

- Warm-up start/end times and duration of warm-ups may be adjusted at the discretion of the Meet Director.
- Start times for sessions are approximate. An accurate timeline will be posted when available.
- **Teams will be split into 2 separate warm-up times (#1 or #2). There will be no assigned lanes in the competition pool.**
- **Teams with 12&U swimmers will have assigned warm-ups in the separate warm-up/warm-down pool. Warm up lane assignments for 12&U teams will be emailed out when it becomes available.**

AGE GROUPS:

- Qualifying Sessions: 10-U, 11-12, 13-14, and Senior
- Non-qualifying Sessions: 10-U, 11-12, 13&O.
- Age on the first day of competition determines age group for the entire meet.

INDIVIDUAL EVENTS:

- Timed finals for all Non-Qualifying session events.
- Timed finals for 10-U in Qualifying sessions.
- Prelim/Finals for 11-12, 13-14, & Senior in Qualifying sessions

QUALIFYING SESSIONS:

- Prelims & Timed Finals will be swum in dual 8 lane courses.
- Finals will be swum in a single 8-lane course as follows: 11-12 A & B Final; 13-14: A & B Final, Senior: A, B & C Final

Exceptions:

- 11-12 500 Free and Open 1650 Free are deck-seeded timed final events swum in the Prelim session fastest to slowest, except for the fastest heat which will be swum in Finals.
- 11-12 200 IM and 200 Free will swim an A Final only.
- 13-14 400 IM and 500 Free will swim an A Final only.
- Senior 400 IM and 500 Free will swim an A & B Final only.

SEEDING: Events will be pre-seeded.

Exceptions:

- Qualifying Sessions Only: 500 Free, 1650 Free, 400 IM and all relays will be deck seeded. Swum fastest to slowest. Swimmers must sign-in with the Meet Clerk prior to the start of the Prelim session on the day of the event. If a swimmer is not checked in with the Meet Clerk, the swimmer is legally scratched from the event.

RELAYS: Relays will be timed finals. Heats will be swum fastest to slowest in the Finals session, except 10-U relays, which will be swum in the Prelim session, and swum slowest to fastest.

- **Teams are limited to two (2) relay entries in each relay event.**
- 10-U Relay cards must be submitted to the Meet Clerk by the start of the Prelim session on the day of the event.
- 11-12, 13-14 and Open relay cards must be submitted to the Meet Clerk by 5:15 p.m. the day of the event.

Relay cards must have each swimmer's first and last names and must be presented in the order in which the swimmers are to swim in the relay.

DISABLED SWIMMERS: Check in with the Meet Director and submit the attached Disabled Swimmer Form.

QUALIFYING SESSION ELIGIBILITY: **The Speedo Music City Invite Time Standards** are the minimum qualifying times for individual events in the Qualifying Sessions. Swimmers must meet the minimum qualifying times for ONE (1) or more of their individual events to be eligible to compete in the qualifying session.

Exceptions:

- Swimmers in all age groups MUST meet the minimum qualifying times in the following events to be entered in that event: 500 Free, 1650 Free, 400 IM, and ALL the 200 events.
- There will be no time standard for relays.

NON-QUALIFYING SESSION ELIGIBILITY: All swimmers who do not meet the eligibility requirements for the Qualifying Sessions are eligible to swim in the Non-qualifying Sessions.

ENTRIES:

- **Teams are to submit entries using a HYTEK meet entry file to entry@swimnac.com. All entries must be received by Tuesday, November 14th.**
- HYTEK event file, psych sheets, daily results and other meet information will be posted at www.swimnac.com as it becomes available.
- Entries from individual athletes will not be accepted. All entries must come from a coach associated with the club.
- NAC reserves the right of sole discretion to determine which team entries are accepted. In exercising this discretion, NAC may consider the number of officials provided by the team, balance of age groups and gender in entries, level of competition and geographic location.

QUALIFYING SESSION ENTRY LIMITS:

- All swimmers may enter and swim no more than THREE (3) individual events per day and no more than SIX (6) individual events in the entire meet.
- The Qualifying Sessions will be limited to 600 swimmers.

NON-QUALIFYING SESSION ENTRY LIMITS:

- All swimmers may enter and swim no more than THREE (3) individual events per day and no more than FIVE (5) individual events in the entire meet.
- The Non-Qualifying sessions will be limited to 250 swimmers.

DECK ENTRIES: Deck entries will be accepted for available lanes on a first-come, first-serve basis pending lane availability. No new heats will be formed. Coaches must submit entries for deck entries at the meet.

TIME TRIALS:

- Time trials may be held upon reasonable request at the discretion of the meet referee and must be requested by a USA Swimming coach.
- Swimmers must provide their own time for each event.
- Time trials will be held after the finals session each night and, time permitting, after the morning preliminaries on Friday, Saturday, and Sunday.
- Swimmers swimming prelim final events may not exceed a total of THREE (3) individual events, including time trial events, per day.
- Swimmers swimming timed final events only may not exceed a total of FIVE (5) individual events, including time trial events, per day.
- Only swimmers already entered in the meet are eligible for time trials.

SCRATCHES:

- Swimmers qualifying for finals and consolation finals must notify the Meet Clerk within 30 minutes of the announcement of qualifiers for that event if they do not intend to compete.

- Any swimmer qualifying for a final or consolation final race in an individual event who fails to compete in a final race shall be barred from swimming his or her next individual event of the competition, unless such failure to compete is excused by the meet referee for cause.
- This penalty shall apply to individual events only, and shall not apply to relay events.
- Swimmers signing in for a deck seeded event and not swimming will be scratched from their next event unless relieved by the Meet Referee for cause.
- **Swimmers not returning for Sunday Finals must scratch at the clerk of course in the 30 minutes after prelim results are posted. Failure to do so will compromise the team's invitation for next year.**

ENTRY FEES: Individual Events \$12
 Relays \$24
 SES Surcharge \$4
 Facility Surcharge \$18
Small Team Surcharge \$43 per team (teams with 4 or fewer swimmers)*
**Fee incurred in addition to the entry fees & LSC and facility surcharges*

Meet Entry fees may be paid via check or credit card. **Please note that credit card payments will incur a 3.5% cc processing fee.** Payment is due and must be turned in to the Meet Director upon check-in for coaches at the first session of the meet. **For teams who mail a check to the NAC PO Box, please note that mailed checks must be received prior to the first session of the meet.** Proof of payment must be shown if a mailed check is not yet received. All entry fees are non-refundable.

MAIL CHECKS & SIGNED WAIVER TO:

**NASHVILLE AQUATIC CLUB
 PO BOX 128318
 NASHVILLE, TN 37212**

Please submit entries to:

ENTRY CHAIR
Jack Folcarelli
Entry@SwimNAC.com

Please direct questions to:

MEET DIRECTOR
Kim Drake
MeetDirector@SwimNAC.com

NOTE: HYTEK event file, psych sheet, daily results and other meet information will be posted on the NAC website (www.swimnac.com) as it becomes available.

HEAT SHEETS: Only Electronic Heat Sheets will be available. These will be able to be accessed on the NAC website in a printable format.

OFFICIALS:

MEET REFEREE

Leah Choate
MeetRef@SwimNAC.com

ADMIN OFFICIAL

Hank Hulan
AdminOfficial@SwimNAC.com

We ask for your teams to help in supplying officials for the meet. Anyone in the process of achieving certification through on-deck training is welcome. Contact MeetRef@SwimNAC.com with questions or sessions that can be worked. Your help is greatly appreciated.

MEETINGS: If a coaches meeting is deemed necessary, the Meet Director will provide information regarding time and location at coaches' check-in. Timers will meet 30 minutes prior to each session. Officials will meet 1 hour prior to every session for briefings.

WARM-UPS: SES Warm-up procedures and Meet Safety Guidelines will be in effect. The Meet Director will post warm-up lane assignments prior to the start of the meet. 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.

FACILITY RULES:

- The Centennial Sportsplex respectfully asks that NO outside food or drink be brought into the building.
- NO food or drink (with the exception of water bottles) shall be brought into the pool area.
- NO coolers shall be brought into the building.
- Concessions will be available for sale by Sportsplex Personnel.
- Only Swimmers, Coaches and Meet Personnel shall be permitted on the pool deck at any time.
- Deck changing is prohibited.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

SPECIAL NOTES:

- 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, limit any event, or run the non-qualifying session in two pools in order to facilitate the conduct of the meet and to run the meet within the time allocated. May also shift age groups in pools during the prelim/finals to conduct the meet within the time allocated.
- 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.
- There will be no USA Registration at the meet.
- At check-in all coaches must show either USA Swimming membership card or deck pass and make them available at the request of meet officials.
- Nashville Aquatic Club reserves the right of sole discretion to determine which team entries are accepted. In exercising this discretion, NAC may consider the number of officials provided by the team, balance of age groups and gender entries, level of competition and geographic location.
- Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present
- Lifeguards will be present to render any First-Aid if needed or to activate any EAP response in a medical emergency

EVALUATION: Any specific problems or concerns about the meet that are not resolved during the meet or to your satisfaction should be communicated in writing immediately to the chairperson of Southeastern Swimming.

John Boxmeyer

jboxmeyer@hotmail.com

NAC TEAM SPONSORS: There are several local businesses that support NAC and the sport of competitive swimming. These businesses not only contribute to the initiatives of the team, but they also strive to better serve our out of town participants and spectators. Oftentimes our NAC Team Sponsors offer special deals and offers the weekends of our swim meets and are ready and

able to accommodate large groups, catering orders, and other special requests. Teams are encouraged to check out the listed hotels and restaurants posted on the NAC Team Sponsors page of the website www.swimnac.com/about/team-sponsors.



ORDER OF EVENTS

Friday Prelim Session

GIRLS	EVENT	BOYS
1	10-U 100 FREE	2
3	11-12 100 FREE	4
5	13-14 200 FREE	6
7	SENIOR 200 FREE	8
9	10-U 50 BREAST	10
11	11-12 50 BREAST	12
13	13-14 100 BREAST	14
15	SENIOR 100 BREAST	16
17	10-U 100 BACK	18
19	11-12 100 BACK	20
21	13-14 200 BACK	22
23	SENIOR 200 BACK	24
25	10-U 200 IM	26
27	11-12 200 IM	28
29	10-U 200 FREE RELAY	30
31	13-14 400 IM	32
33	SENIOR 400 IM	34
35	11-12 200 FREE RELAY*	36
37	13-14 400 FREE RELAY*	38
39	SENIOR 400 FREE RELAY*	40

* All 11&Over Relays will be swum at Finals

Friday Non-Qualifying TIMED FINALS Session

EVENT	Mixed Gender
10 & Under 200 Freestyle	401
11-12 500 Freestyle	403
13 & Over 500 Freestyle	405
10 & Under 200 IM	407
11-12 200 IM	409
13 & Over 400 IM	411



ORDER OF EVENTS

Saturday Prelim Session

GIRLS	EVENT	BOYS
41	10-U 100 FLY	42
43	11-12 100 FLY	44
45	13-14 200 FLY	46
47	SENIOR 200 FLY	48
49	10-U 50 FREE	50
51	11-12 50 FREE	52
53	13-14 50 FREE	54
55	SENIOR 50 FREE	56
57	10-U 100 IM	58
59	11-12 100 IM	60
61	13-14 200 IM	62
63	SENIOR 200 IM	64
65	10-U 200 MEDLEY RELAY	66
67	11-12 500 FREE	68
69	13-14 500 FREE	70
71	SENIOR 500 FREE	72
73	11-12 200 MEDLEY RELAY*	74
75	13-14 400 MEDLEY RELAY*	76
77	SENIOR 400 MEDLEY RELAY*	78

* All 11&Over Relays will be swum at Finals

Saturday Non-Qualifying TIMED FINALS Session

GIRLS	EVENT	BOYS
413	11-12 100 IM	414
415	10 & Under 100 IM	416
417	13 & Over 50 Free	418
419	11-12 50 Free	420
421	10 & Under 50 Free	422
423	13 & Over 100 Back	424
425	11-12 100 Back	426
427	10 & Under 100 Back	428
429	13 & Over 100 Fly	430
431	11-12 100 Fly	432
433	10 & Under 100 Fly	434
435	13 & Over 200 Breast	436
437	11-12 50 Breast	438
439	10 & Under 50 Breast	440
441	13 & Over 200 Free	442
443	12 & Under 200 Free (Mixed Gender)	444



ORDER OF EVENTS

Sunday Prelims Session

GIRLS	EVENT	BOYS
81	10-U 50 BACK	82
83	11-12 50 BACK	84
85	13-14 100 BACK	86
87	SENIOR 100 BACK	88
89	10-U 200 FREE	90
91	11-12 200 FREE	92
93	13-14 100 FREE	94
95	SENIOR 100 FREE	96
97	10-U 100 BREAST	98
99	11-12 100 BREAST	100
101	13-14 200 BREAST	102
103	SENIOR 200 BREAST	104
105	10-U 50 FLY	106
107	11-12 50 FLY	108
109	13-14 100 FLY	110
111	SENIOR 100 FLY	112
79	OPEN 1650 FREE**	80

** The top boys heat and the top girls heat of the 1650 Free will be swum as the first 2 events at Finals (Event 79 & 80)

Sunday Non-Qualifying TIMED FINALS Session

GIRLS	EVENT	BOYS
445	13 & Over 200 IM	446
447	10 & Under 100 Free	448
449	11-12 100 Free	450
451	13 & Over 100 Free	452
453	10 & Under 50 Back	454
455	11-12 50 Back	456
457	13 & Over 200 Back	458
459	10 & Under 50 Fly	460
461	11-12 50 Fly	462
463	13 & Over 200 Fly	464
465	10 & Under 100 Breast	466
467	11-12 100 Breast	468
469	13 & Over 100 Breast	470



2023 SPEEDO MUSIC CITY INVITE TIME STANDARDS

GIRLS				EVENTS		BOYS		
10 & Under	11-12	13-14	Open		Open	13-14	11-12	10 & Under
:33.79	:29.79	:27.19	:26.79	50 Free	:22.99	:25.29	:29.59	:34.39
1:14.79	1:04.29	:58.99	:56.29	100 Free	:50.59	:55.39	1:04.89	1:16.09
2:44.89	2:19.49	2:07.49	2:00.59	200 Free	1:50.19	2:02.49	2:23.09	2:46.29
--	6:09.19	5:42.69	5:19.99	500 Free	4:56.19	5:28.39	6:18.99	--
--	--	19:22.49	18:42.79	1650 Free	17:18.39	18:23.49	--	--
:39.49	:34.09	--	--	50 Back	--	--	:35.09	:40.39
1:24.99	1:13.69	1:06.39	1:01.99	100 Back	:56.49	1:04.09	1:15.89	1:26.79
--	--	2:23.99	2:14.49	200 Back	2:04.29	2:20.69	--	--
:44.99	:37.99	--	--	50 Breast	--	--	:39.79	:46.39
1:38.19	1:23.29	1:16.29	1:11.39	100 Breast	1:03.79	1:11.49	1:26.69	1:42.29
--	--	2:44.79	2:33.79	200 Breast	2:19.39	2:37.99	--	--
:38.59	:32.49	--	--	50 Fly	--	--	:33.29	:39.59
1:31.09	1:13.29	1:05.29	1:01.49	100 Fly	:55.39	1:02.49	1:15.39	1:35.09
--	--	2:33.99	2:17.29	200 Fly	2:04.59	2:26.49	--	--
1:25.29	1:13.19	--	--	100 IM	--	--	1:15.39	1:26.19
3:06.39	2:36.99	2:24.29	2:16.39	200 IM	2:03.79	2:19.89	2:41.99	3:08.89
--	--	5:10.99	4:50.69	400 IM	4:24.39	4:56.59	--	--

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.

The Nashville Aquatic Club, Metro Nashville Parks and Recreation, 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.

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.

SIGNATURE OF COACH OR CLUB OFFICIAL**DATE****NAME (PRINTED)** _____**CLUB:** _____**TITLE:** _____**MOBLIE PHONE:** _____**EMAIL:** _____

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 the 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: MeetDirector@SwimNAC.com

Meet Referee: MeetRef@SwimNAC.com

Disability Chair: Robin Heller robin@seastarsaquatic.org



SUMMARY OF FEES

Make checks payable to: Nashville Aquatic Club

SWIMMERS: _____ X \$4.00 SES SURCHARGE = \$ _____

SWIMMERS: _____ X \$18.00 FACILITY SURCHARGE = \$ _____

INDIVIDUAL EVENTS: _____ X \$12.00 PER EVENT ENTRY FEE = \$ _____

RELAY EVENTS: _____ X \$24.00 PER RELAY ENTRY = \$ _____

\$43.00 PER TEAM W/ 4 OR FEWER SWIMMERS = \$ _____

TOTAL DUE: = \$ _____