



**SOUTHEASTERN REGION 2 CHAMPIONSHIPS**  
**SHORT COURSE YARDS**  
**January 26-28, 2024**  
**171 Baylor School Rd**  
**CHATTANOOGA, TN 37405**

**SES SANCTION NO: 24SEBAY1-26**

**TIME TRIAL NO: 24SEBAY1-26TT**

**HOST CLUB:** Baylor Swimming  
**DATES OF MEET:** January 26-28, 2024  
**ENTRY DEADLINE:** Wednesday, January 10, 2024

**MEET REFEREE:** Elliott Peigen [epeigen@gmail.com](mailto:epeigen@gmail.com) 423-664-2437  
**ADMIN OFFICIAL:** Melissa Waldrep [melissa.waldrep@gmail.com](mailto:melissa.waldrep@gmail.com)  
**MEET DIRECTOR:** Laura Pitman [lpitman@baylorschool.org](mailto:lpitman@baylorschool.org) 423-267-8505 x 267  
**MEET ENTRIES:** [meets@baylorswimming.org](mailto:meets@baylorswimming.org)

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

**FACILITY:**

Indoor 50 meter by 25-yard pool, offering dual 10 lanes for short course competition, with pool depth ranging from 7 feet to 15 feet. Automatic timing will be provided by Daktronic Timing System with HYTEK interface on both courses. Manual back up will be used. An 10-lane scoreboard will be available on both courses. The competition course has been certified in accordance with 104.2.2C(4).

**ELIGIBILITY:**

Age groups are: 8&U, 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.

**TIME TRIALS:**

Time Trials will be held at the conclusion of any session at a coach's or swimmer's request, and the Meet Referee's concurrence. Fees: \$10.00 per individual event; \$10.00 per relay.

**WARMUP AND COMPETITION TIMES:**

Friday – Warm Up 4:00 PM	Competition: 5:15 PM
Saturday - Warm up 8:00 AM	Competition : 9:15 AM
Afternoon session- Warm up –5 minutes after the morning ends	Competition : 1 hour after the start of warm up
Sunday Warm Up 8:00 AM	Competition: 9:15 AM
Afternoon Session: Warm Up- 5 minutes after the morning ends	Competition : 1 hour after the start of warm up

# ENTRY INFORMATION & MEET FORMAT

## **ENTRY LIMITS & DEADLINE:**

A swimmer may enter and swim **four** individual events per day. E-mail entries and/or printouts, summary/release sheets, and entry fees including surcharges must be received by the Meet Director on or before Thursday, January 18, 2024. Late entries will be accepted for available lanes only until Saturday, January 20, 2024. No new heats will be formed. Please make all checks payable to Baylor Swim Club. All entry fees are non-refundable. Email entries to **meets@baylorswimming.org**. Completed entries should be submitted by e-mail, fax, overnight delivery, or U.S. Mail to:

Laura Pitman

171 Baylor School Rd

Chattanooga, Tn 37405

(Please include the words "Region 2 Championships" in the subject line of all meet related e-mails)

## **ENTRY FEES:**

Individual Events: \$6.00 per event  
Relay Events: \$12.00 per relay  
SES Surcharge: \$4.00 per athlete  
Facility Surcharge: \$15.00 per athlete

## **MEET FORMAT:**

All events will be Timed Finals. This meet shall serve as the Southeastern Swimming Short Course Championships for 8&Under swimmers. The host team reserves the right to adjust pool designations for age groups or genders to run the meet more smoothly.

## **RULES AND PROCEDURES**

The 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 in the designated Region 2 area. USA Swimming technical rules and regulations will be followed except for items specifically addressed in the meet information. All coaches are required to sign in with at the registration table in the main lobby and to show their coaching credentials. All Officials will wear their credentials on deck.

## **RULES:**

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. Nobody will be allowed to climb on the diving boards or diving towers for any reason. Only coaches, swimmers, officials, and volunteers will be allowed on deck. **All Swimmers must sit in the gym area. Spectators only will be allowed in the stands. There will be no camping out in the stands.**

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."

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

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.

**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 the public restrooms in the main hallway.

The swimmer 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

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.” **Videoring and photography are also prohibited from the stairwell landing at the start end of the pool.**

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.

Locker rooms on the pool deck are for athletes only. The hallway bathrooms are to be used by spectators, officials and volunteers only. **Athletes are NOT to use the hallway bathrooms.**

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.

**DECK SEEDED EVENTS AND SCRATCH PROCEDURES:**

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

DAY	EVENT	DEADLINE
Friday	400 IM, 500 Free	4:30 PM
Sunday	1650 Free	1:00 PM

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.

**SCORING:**

Individual Events 1-8 (all age groups):

9-7-6-5-4-3-2-1

Relay Events 1-8 (all age groups):

18-14-12-10-8-6-4-2

**AWARDS:**

Awards will be provided by Southeastern Swimming.

**For 8&Under Events:**

- Large Medals will be given for 1<sup>st</sup>-3<sup>rd</sup> place for individual events and 1<sup>st</sup> for relays.
- Medals will be given for 4<sup>th</sup>-8<sup>th</sup> place for individual events and 2<sup>nd</sup>-4<sup>th</sup> for relays.
- “Best All Around” trophies will be awarded to top two scoring individuals for each age group for both girls and boys.
- Plaque will be awarded to age group team champions of each gender based on total individual points and the single highest-ranking relay.

**For 10&U, 11-12, 13-14, and Open Events:**

- Medals will be given for 1<sup>st</sup>-3<sup>rd</sup> place for individual events
- Ribbons will be given for 4<sup>th</sup>-8<sup>th</sup> place for individual events and 1<sup>st</sup>-4<sup>th</sup> for relays.

**MEETINGS:**

- Coaches’ meeting will be at 9:00 AM, Saturday January 27, 2024, in the hospitality room.
- Officials will meet in the main office at 3:30 PM Friday, January 26, 2024 for deck assignments.

**OFFICIALS:**

The Meet Referee is asking all officials who are available to serve at this meet to notify him or her by e-mail of their availability. Please let the Meet Referee know which day(s) you can help and which pool you would like to work. This information should be sent to Elliott Peigen at [epeigen@gmail.com](mailto:epeigen@gmail.com).

**MEET EVALUATION:**

You are encouraged to send a meet evaluation to the Southeastern Swimming General Chairman:

- John Boxmeyer at [jboxmeyer@hotmail.com](mailto:jboxmeyer@hotmail.com)

**SOUTHEASTERN REGION 2 CHAMPIONSHIPS****FRIDAY January 26, 2024****WARM-UP: 4:00 PM****COMPETITION: 5:15 PM**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
<b>1</b>	<b>10&amp;U 200 IM</b>	<b>2</b>
<b>3</b>	<b>11-12 200 IM</b>	<b>4</b>
<b>5</b>	<b>13-14 400 IM</b>	<b>6</b>
<b>7</b>	<b>OPEN 400 IM</b>	<b>8</b>
<b>9</b>	<b>10&amp;U 500 FREE</b>	<b>10</b>
<b>11</b>	<b>11-12 500 FREE</b>	<b>12</b>
<b>13</b>	<b>13-14 500 FREE</b>	<b>14</b>
<b>15</b>	<b>OPEN 500 FREE</b>	<b>16</b>

**SATURDAY January 27, 2024****12 & UNDER SESSION****WARM-UP: 8:00 AM****COMPETITION: 9:15 AM**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
<b>17</b>	<b>8&amp;U 100 FREE</b>	<b>18</b>
<b>19</b>	<b>10&amp;U 200 FREE</b>	<b>20</b>
<b>21</b>	<b>11-12 200 FREE</b>	
<b>23</b>	<b>8&amp;U 25 BACK</b>	<b>24</b>
<b>25</b>	<b>10&amp;U 50 BACK</b>	<b>26</b>
<b>27</b>	<b>11-12 50 BACK</b>	
<b>29</b>	<b>8&amp;U 50 FLY</b>	<b>30</b>
<b>31</b>	<b>10&amp;U 100 FLY</b>	<b>32</b>
<b>33</b>	<b>11-12 100 FLY</b>	
<b>35</b>	<b>8&amp;U 50 BREAST</b>	<b>36</b>
<b>37</b>	<b>10&amp;U 100 BREAST</b>	<b>38</b>
<b>39</b>	<b>11-12 100 BREAST</b>	
<b>41</b>	<b>8&amp;U 25 FREE</b>	<b>42</b>
<b>43</b>	<b>10&amp;U 50 FREE</b>	<b>44</b>
<b>45</b>	<b>11-12 50 FREE</b>	
<b>47</b>	<b>8&amp;U 100 FREE RELAY</b>	<b>48</b>
<b>49</b>	<b>10&amp;U 200 FREE RELAY</b>	<b>50</b>
<b>51</b>	<b>11-12 200 FREE RELAY</b>	

**13&OVER SESSION****WARM-UP: 5 min after the morning session****COMPETITION: 1 hour after warm up starts**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
	<b>11-12 200 FREE</b>	<b>22</b>
<b>53</b>	<b>13-14 200 FREE</b>	<b>54</b>
<b>55</b>	<b>OPEN 200 FREE</b>	<b>56</b>
	<b>11-12 50 BACK</b>	<b>28</b>
<b>57</b>	<b>13-14 100 BACK</b>	<b>58</b>
<b>59</b>	<b>OPEN 100 BACK</b>	<b>60</b>
	<b>11-12 100 FLY</b>	<b>34</b>
<b>61</b>	<b>13-14 200 BREAST</b>	<b>62</b>
<b>63</b>	<b>OPEN 200 BREAST</b>	<b>64</b>
	<b>11-12 100 BREAST</b>	<b>40</b>
<b>65</b>	<b>13-14 100 FLY</b>	<b>66</b>
<b>67</b>	<b>OPEN 100 FLY</b>	<b>68</b>
	<b>11-12 50 FREE</b>	<b>46</b>
<b>69</b>	<b>13-14 200 IM</b>	<b>70</b>
<b>71</b>	<b>OPEN 200 IM</b>	<b>72</b>
	<b>11-12 200 FREE RELAY</b>	<b>52</b>
<b>73</b>	<b>13-14 200 FREE RELAY</b>	<b>74</b>
<b>75</b>	<b>OPEN 200 FREE RELAY</b>	<b>76</b>

**SOUTHEASTERN REGION 2 CHAMPIONSHIPS**

**SUNDAY January 28, 2024**

**12&UNDER SESSION**

**WARM-UP: 8:00 AM**

**COMPETITION: 9:15 AM**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
77	8&U 100 IM	78
79	10&U 100 IM	80
81	11-12 100 IM	
83	8&U 25 BREAST	84
85	10&U 50 BREAST	86
87	11-12 50 BREAST	
89	8&U 25 FLY	90
91	10&U 50 FLY	92
93	11-12 50 FLY	
95	8&U 50 FREE	96
97	10&U 100 FREE	98
99	11-12 100 FREE	
101	8&U 50 BACK	102
103	10&U 100 BACK	104
105	11-12 100 BACK	
107	8&U 100 MEDLEY RELAY	108
109	10&U 200 MEDLEY RELAY	110
111	11-12 200 MEDLEY RELAY	

**13&OVER SESSION**

**WARM-UP: 5 min after morning ends**

**COMPETITION: 1 hour after warm up begins**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
	11-12 100 IM	82
113	13-14 50 FREE	114
115	OPEN 50 FREE	116
	11-12 50 BREAST	88
117	13-14 200 FLY	118
119	OPEN 200 FLY	120
	11-12 50 FLY	94
121	13-14 100 BREAST	122
123	OPEN 100 BREAST	124
	11-12 100 FREE	100
125	13-14 200 BACK	126
127	OPEN 200 BACK	128
	11-12 100 BACK	106
129	13-14 100 FREE	130
131	OPEN 100 FREE	132
	11-12 200 MEDLEY RELAY	112
133	13-14 200 MEDLEY RELAY	134
135	OPEN 200 MEDLEY RELAY	136
137	*13-14 1650 FREE	138
139	*OPEN 1650 FREE	140

\*Deck-seeded event; positive check-in by 1:00 PM.

## 2024 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 Regulations:

.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.

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. The Baylor Swim Club and the Baylor School, 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.

<b>SIGNATURE OF COACH OR</b>	
<b>CLUB</b>	
<b>TITLE</b>	<b>DATE</b>

## TEAM INFORMATION

<b>CLUB NAME:</b>		<b>INITIALS:</b>	
<b>ADDRESS:</b>			
<b>LSC:</b>		<b>HEADCOACH:</b>	
<b>CONTACTPERSON:</b>		<b>PHONENUMBER:</b>	
<b>FAXNUMBER:</b>		<b>CELLPHONE:</b>	<b>EMAIL:</b>
<b>COACHES ATTENDING:</b>	<b>NAME</b>		<b>COACHES CARD EXPIRATION DATE</b>
	1.		
	2.		
	3.		
<b>CERTIFIED OFFICIALS WHO MAY WISH TO WORK:</b>	1.		
	2.		
	3.		
	4.		
<b>NUMBER OF SWIMMERS ENTERED:</b>		<b>ATTACHED:</b>	
		<b>UNATTACHED:</b>	
		<b>TOTAL:</b>	

### SUMMARY OFFEES

<b>NUMBER OF SWIMMERS:</b>		<b>X \$4.00 SES SURCHARGE</b>	<b>=</b>	
<b>NUMBER OF SWIMMERS:</b>		<b>X \$12.00 FACILITY CHARGE</b>	<b>=</b>	
<b>NUMBER OF IND. EVENTS:</b>		<b>X \$6.00 PER EVENT ENTRY FEE</b>	<b>=</b>	
<b>NUMBER OF RELAYS:</b>		<b>X \$12.00 PER RELAY ENTRY FEE</b>	<b>=</b>	
<b>TOTAL DUE:</b>				



# CONSOLIDATED ENTRY FORM

Times should be in SHORT COURSE YARDS

Please duplicate as needed

	EVENT #	EVENT NAME	BESTTIME	EVENT #	EVENT NAME	BESTTIME
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						

**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.

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The following person(s) will accompany the swimmer for any needed assistance:

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Accommodations requested, Examples: Lane #, inside lane, starter side preference, assistance to the blocks, water start, hand signals, etc.

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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: Laura Pitman

[lpitman@baylorschool.org](mailto:lpitman@baylorschool.org)

Meet Referee Email: Elliott Peigen

[epeigen@gmail.com](mailto:epeigen@gmail.com)

Disability Chair: Robin Heller

[robin@seastars.org](mailto:robin@seastars.org)

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