

Tennessee Aquatics

January INVITE
January 10-12, 2025

- SANCTION #:** Sanction No.: 25SETNAQ1-10 **TIME TRIAL SANCTION #:** 25SETNAQ1-10TT
- HOST CLUB:** Tennessee Aquatics
- LOCATION:** Allan Jones Intercollegiate Aquatic Center
University of Tennessee
2200 Andy Holt Avenue
Knoxville, Tennessee 37996
- VENUE:** Allan Jones Intercollegiate Aquatic Center: An eight-lane 50-meter by 25-yard competition pool divided by a single 4-foot-wide bulkhead, creating two 25-yard pools. The pool is outfitted with Omega - OSB11 starting blocks (28 inches above the water surface) with adjustable footrest wedges with extended platform surface. Additionally, retractable backstroke wedges may be attached. Pool depth is 8 feet at each end, 9 feet in the center. Lanes are 9 feet wide formed by 6-inch Competitor Lane markers. Warm-up/warm-down pool is located adjacent to the competition pool, with a minimum of two separate 25-yard warm-up/ warm-down lanes available. Seating is available for 1,284 spectators in the balcony overlooking the pool. Only coaches, athletes, officials, and other required meet personnel are permitted on the pool deck. Locker rooms are adjacent to the pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- TIMING:** Omega - Swiss Timing electronic timing system and Daktronics scoreboard.
- OFFICIALS:** **Meet Referee:** Nick Hall, nicholashall55@gmail.com
 Admin Official: Sherren Chadwell, robsherren@hotmail.com
 Meet Director: Jack Little, meetentries@tnaquatics.com , 870-273-8003
 Jim Nickell, 970-980-1994
- Visiting officials are welcome. All officials must wear current USA membership card while on deck and must present current Official certification card to Meet Referee at check-in. Please contact Nick Hall, nicholashall55@gmail.com with level of certification and sessions you desire to work. White over blue will be the uniform for all sessions.
- RULES:** USA Swimming Rules and Regulations will govern the conduct of this meet and will serve as the official guide for technical and procedural rules, except where otherwise noted. 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-ups and warm-downs. All adult participants and those associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP). Compliance with the MAAPP is required for participation in this competition. As part of this policy, certain locker rooms may be designated exclusively for use by coaches and officials.
- ELIGIBILITY:** All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competitions are current 2025 members of their LSC and USA Swimming or World Aquatics. 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. Swimmers attending the meet without a coach must report to the Meet Director or Meet Referee to be assigned a coach for warm-up prior to each session.

CREDENTIALS: In accordance with Southeastern Swimming Rules, coaches and officials are required to show proof of current USA Swimming membership. All coaches must have completed the safety training as required by USA Swimming. All coaches are required to sign in with the Clerk of Course and/or all coaches must be prepared to show their coaching credentials at any time to the Meet Director and/or the Meet Referee.

SCHEDULE:	Friday, January 10	Session 1	Warm-up: 4:30 PM, Competition: 5:35 PM
	Friday, January 10	Session 2	Competition: 7:00 PM
	Saturday, January 11	Session 3	Warm-up: 7:00 AM, Competition: 8:35 AM
	Saturday, January 11	Session 4	Warm-up: 11:30 AM, Competition: 12:35 PM (Est)
	Saturday, January 11	Session 5	Warm-up: 4:30 PM, Competition: 5:35 PM
	Sunday, January 12	Session 6	Warm-up: 7:00 AM, Competition: 8:35 AM
	Sunday, January 12	Session 7	Warm-up: 11:30 AM, Competition: 12:35 PM (Est)
	Sunday, January 12	Session 8	Warm-up: 4:00 PM, Competition: 5:05 PM

MEET FORMAT: Athletes 15 and over will compete as Prelims/Finals. Athletes 13 and 14 that have 13-14 "AA" time standards have the option to swim in a Prelims/Finals meet or Timed Finals meet. All 12 and under athletes will compete as Timed Finals. Timed final sessions events for 11-12 athletes will not have breaks between events and 11-12 swimmers are encouraged to only enter one stroke event when a 200 M race and 50 M race are offered in order. Events are as set forth on the "Order of Events" (attached).

Tennessee Aquatics reserves the right to limit ANY event to allow the meet to run in the allotted time. The meet host reserves the right to conduct the meet in one, two, or three sessions per day and in one or two pools based upon the number of entries. Further the meet host may change the start time of any session. If this decision is made all teams will be notified of the new start of the time and schedule of events. This information will also be posted. Meet host will attempt to make any changes to the meet schedule by Tuesday, January 7th.

PRELIMS: All prelims events will be swum slowest to fastest with three (3) circle seeded heats.

FINALS: There will be an A and B Final (top 16) for all finals events. A-B- C Final (top 24) will be added to any finals event where more than sixty (60) athletes entered the preliminary of the event. Swimmers that fail to show for an event in finals will be barred from further competition in the meet.

SEEDING: All events 400 yards/meters or longer will be deck seeded and swum fastest to slowest, possibly alternating women/men. Positive check in and positive scratch for events will be determined and announced to teams entering the meet by Wednesday, January 8th.

ENTRY LIMITS: Senior Swimmers are limited to a total of nine (9) events for the meet and no more than three (3) events per day. Age Group Swimmers in the Timed Final Sessions can swim no more than four (4) events per day.

ENTRIES: This is a closed invitational. Entries are allowed for approved teams and approved unattached athletes only. Please contact the Meet Director with any requests to be invited to participate. Meet host reserves the right to limit heats in any events to run the meet within the time allocated or anticipated. There will be no USA Swimming On-deck membership registration available. The swimmer's age on the first day of the meet will determine the age for the entire meet. All participants must be USA Swimming registered athlete members and have current registration numbers listed in the entry file. The entry fees and forms must be turned in at check in on Friday, January 10th.

Entries must be received no later than Thursday, January 2nd. All entries should be submitted as hytek/teamunify files attached by email to: meetentries@tnaquatics.com. Late entries will be accepted only at the Meet Director's discretion and only on an open lane basis. Final results will be posted at the conclusion of the meet on the TNAQ website: www.tnaquatics.com.

ENTRY TIMES: Enter with best Meters times achieved in competition or time trial. Entry times should be in hundredths. Conversions are not permitted. All individual entry times submitted must be in the USA Swimming SWIMS database and will be reconciled with SWIMS.

ENTRY FEES: Individual event - - - - \$13.00
Facility Fee per swimmer - - - - \$26.00
SES Swimmer Surcharge - - - - \$4.00
Late Entry Fee (deck entries) --- \$20.00
Make checks payable to "**Tennessee Aquatics**".

We prefer for teams to bring forms and fees with them on Friday, January 10th.

ENTRIES FOR SWIMMERS WITH DISABILITIES:

Swimmers with disabilities are welcome and must complete the "Information Form for Disabled Swimmers" and return it with your entry fee summary.

**Also, inform the entry chair of any accommodations that need to be made when submitting entries by email, meetentries@tnaquatics.com*

TIME TRIALS: Time Trials will be offered at the discretion of the meet director and meet referee.

CHECK-IN: Swimmers/Teams must check-in at the Clerk of Course for deck-seeded events as per the stipulation for that event as listed in the Order of Events. Swimmers are encouraged to check-in at the beginning of each day. Communication will be sent prior to the meet on events that require check-in.

SCRATCHES: Swimmers entered in an individual event 400 yards or longer, who have checked in for that event, must swim in the event unless they notify the Clerk of Course (before seeding for that event has been done) that they wish to scratch. Failure to scratch a deck seeded event, prior to seeding, and then not swimming the event will result in the swimmer being barred from the next individual event in which they are entered, whether it is that day or the next day.

SCORING: The meet will be scored both individually and by team.
Individual Events: 9-7-6-5-4-3-2- 1 (1st through 8th place).

AWARDS: There will be ribbons for top eight finishers in individual events: 8&U, 9-10, 11-12.

1000 Freestyle: The 1000 Free will be limited to the Top 24 Women and the Top 24 Men. The 1000 will be swum Fastest to Slowest.

Backstroke Wedges:

Backstroke Wedges will be used for all prelim and final sessions. Backstroke Wedges will not be used during the middle sessions (TF Sessions).

PARKING ON THE UNIVERSITY of TENNESSEE CAMPUS:

Information on Parking will be provided prior to the meet.

USE OF AUDIO/VISUAL/DRONES:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, on deck, in the rest rooms or locker rooms. 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.

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 may change in the locker rooms located on the pool deck level. Swimmers should not suit change in public restrooms on the upstairs level. 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.

WARM-UP RULES:

Assigned warm-up lanes may be used. Southeastern Swimming, Inc. safety guidelines and warm-up procedures will be in effect.

TNAQ will assign warm-up times and will communicate with teams prior to the meet. Warm-up information will be sent prior to the meet.

A. General Warm-up EDGE OF POOL. Swimmers must enter feet first in a cautious manner.

1. NO DIVING OR RACING STARTS ALLOWED FROM BLOCKS.
2. No sprinting or pace work allowed during the general warm-up session.
3. All lanes to be used for general warm-up.

B. Specific warm-up (last 15 minutes)

- | | | |
|--------------|----------------------------|----------------------------|
| 1. OPEN/PACE | (8 lanes)
Lanes 1 and 8 | (9 lanes)
Lanes 1 and 9 |
| 2. SPRINTS | Lanes 2, 3, 6, 7 | Lanes 2, 3, 7, 8 |
| 3. GENERAL | Lanes 4 and 5 | Lanes 4, 5, 6 |

MEET EVALUATION: You are encouraged to send a meet evaluation to the SES General Chairman:
John Boxmeyer jboxmeyer@hotmail.com

TEAM ADDRESS: *We prefer for teams to bring forms and fees with them on* Friday, January 10th.

ENTRIES & FEES: MUST BE RECEIVED NO LATER THAN Wednesday, January 1st.

Covid 19 – Liability

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 SOUTHEASTERN SWIMMING 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.

EVENT SCHEDULE

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FRIDAY, January 10st, 2025 – Session 1 PF and TF

Warm-up begins at 4:30 PM

Competition begins at 5:35 PM

Continuous warm-up/warm-down will be available in the DIVING WELL after competition begins.

Girls Number	Friday Age Group	January 10 Event	Boys Number
1	Senior	50 Fly P/F	2
3	Senior	50 Back P/F	4
5	Senior	50 Breast P/F	6
7	Senior	1000 Free TF	8

The 1000 Free will be deck seeded. Check-in closes at 5:00 PM at the Clerk of Course.

FRIDAY – Estimated Start Times

Friday Prelim Start Session 1	
50 Fly P/F	5:35 PM
50 Back P/F	5:50 PM
50 Breast P/F	6:05 PM
Friday Distance Start	
1000 Free TF	6:20 PM
Friday Finals Start Session 2	
50 Fly P/F	7:00 PM
50 Back P/F	7:15 PM
50 Breast P/F	7:30 PM

FRIDAY, January 10st, 2025 – Session 2 Finals

Competition begins at 7:00 PM

Girls Number	Friday Age Group	January 10 Event	Boys Number
1	Senior	50 Fly F	2
3	Senior	50 Back F	4
5	Senior	50 Breast F	6

SATURDAY, January 11st, 2025 – Session 3 PF (prelims)

Warm-up begins at 7:00 AM

Competition begins at 8:35 AM

Continuous warm-up/warm-down will be available in the DIVING WELL after competition begins.

Girls	Saturday	January 11	Boys
Number	Age Group	Event	Number
9	Senior	200 Free P/F	10
11	Senior	100 Back P/F	12
13	Senior	200 Breast P/F	14
15	Senior	100 Fly P/F	16
17	Senior	400 IM P/F	18
19	Senior	50 Free P/F	20

SATURDAY, January 11th, 2025 – Session 4 TF

Warm-up begins after Session 2 ends estimated to be 11:30 AM

Competition begins at 12:35 PM

Continuous warm-up/warm-down will be available in the DIVING WELL after competition begins.

Girls	Saturday	January 11	Boys
Number	Age Group	Event	Number
101	11 to 14	200 Free	102
103	10 & Under	200 Free	104
105	11 to 14	100 Back	106
107	10 & Under	100 Back	108
109	11 to 14	200 Breast*	110
111	12 & Under	50 Breast*	112
113	11 to 14	100 Fly	114
115	10 & Under	100 Fly	116
117	11 to 14	50 Free	118
119	10 & Under	50 Free	120
	*11-12	Entry Note	

SATURDAY, January 11st, 2025 – Session 5 F (finals)

Warm-up begins at 4:30 pm

Competition begins at 5:35 PM

Continuous warm-up/warm-down will be available in the DIVING WELL after competition begins.

Girls	Saturday	January 11	Boys
Number	Age Group	Event	Number
9	Senior	200 Free F	10
11	Senior	100 Back F	12
13	Senior	200 Breast F	14
15	Senior	100 Fly F	16
17	Senior	400 IM F	18
19	Senior	50 Free F	20

SUNDAY, January 12th, 2025 – Session 6 PF (prelims)

Warm-up begins at 7:00 AM

Competition begins at 8:35 AM

Continuous warm-up/warm-down will be available in the DIVING WELL after competition begins.

Girls Number	Sunday Age Group	January 12 Event	Boys Number
21	Senior	200 IM P/F	22
23	Senior	100 Free P/F	24
25	Senior	200 Back P/F	26
27	Senior	100 Breast P/F	28
29	Senior	200 Fly P/F	30
31	Senior	500 Free P/F	32

SUNDAY, January 12th, 2025 – Session 7 TF

Warm-up begins after Session 2 ends estimated to be 11:30 AM

Competition begins at 12:35 PM

Continuous warm-up/warm-down will be available in the DIVING WELL after competition begins.

Girls Number	Sunday Age Group	January 12 Event	Boys Number
121	11 to 14	200 IM	122
123	10 & Under	200 IM	124
125	11 to 14	100 Free	126
127	10 & Under	100 Free	128
129	11 to 14	200 Back*	130
131	12 & Under	50 Back*	132
133	11 to 14	100 Breast	134
135	10 & Under	100 Breast	136
137	11 to 14	200 Fly*	138
139	12 & Under	50 Fly*	140
	*11-12	Entry Note	

SUNDAY, January 12th, 2025 – Session 8 F (finals)

Warm-up begins at 4:00 pm

Competition begins at 5:05 PM

Continuous warm-up/warm-down will be available in the DIVING WELL after competition begins.

Girls Number	Sunday Age Group	January 12 Event	Boys Number
21	Senior	200 IM F	22
23	Senior	100 Free F	24
25	Senior	200 Back F	26
27	Senior	100 Breast F	28
29	Senior	200 Fly F	30
31	Senior	500 Free F	32

Time Standards: 13-14 Athletes CAN swim in the Prelim/Final Sessions if they have a USA Swimming "AA" time standard.

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: meetentries@tnaquatics.com

Meet Referee Email nicholashall55@gmail.com

Disability Chair Email: robin@seastarsaquatics.com, Robin Heller: (850) 418-0645

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 and in compliance with required certifications. 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. Tennessee Aquatics, the University of Tennessee, Southeastern Swimming, Inc., and USA Swimming, Inc., 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 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.

- .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.

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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.

Additional COVID-19 Statement and Liability Release

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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, SOUTHEASTERN SWIMMING, THE TENNESSEE AQUATICS CLUB, THE UNIVERSITY OF TENNESSEE, THE ALLAN JONES AQUATIC CENTER, 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.

SIGNATURE OF COACH OR CLUB OFFICIAL:	
CLUB:	
TITLE:	DATE:

Name of swimmer's team: _____

I agree to act as coach for the above-named swimmer(s) during the pre-meet practice, warm-up and the competition.

Coach's Signature

Date

Coach's Team Name

TEAM INFORMATION

Club Name _____ Team Initials: _____

LSC _____ Head Coach _____ Cell Phone: _____

Contact _____ Phone _____ Fax _____

Coaches Attending _____ Email _____

Name Cell Phone Email

Name Cell Phone Email

Name Cell Phone Email

Name Cell Phone Email

Name Cell Phone Email

Swimmers Attending Attached _____ Unattached _____ Total _____

Summary of Fees

Individual Events _____ X Event Entry Fee \$11.00 = \$ _____

Total Swimmers _____ X Facility Fee \$25.00 = \$ _____

SES Surcharges \$ 4.00 X # Swimmers _____ = \$ _____

Total Due \$ _____