

2026 TNAQ JANUARY INVITATIONAL

January 16-18, 2026

SANCTION #:
USMS SANCTION #:

TIME TRIAL SANCTION #:

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.

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

TIMING: Omega - Swiss Timing electronic timing system and Daktronics scoreboard. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.

OFFICIALS:

Meet Referee:	Ben Duby, benduby@gmail.com
Admin Officials:	Sherren Toomey, sherren.toomey@gmail.com Annie Abraham, amabraham@yahoo.com
Meet Director:	Alexis Yager, PJ Stevens meetentries@tnaquatics.com

Visiting officials are welcome. All officials must wear a current USA membership card while on deck and must present a current Officials certification card to Meet Referee at check-in. Please contact Ben Duby, benduby@gmail.com with the level of certification and sessions you desire to work. White collared shirts over blue pants, skirts, or shorts with white shoes or white collared shirts over black pants, skirts, or shorts with black shoes 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 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. To follow this policy the UT Team locker room may be designated as only open to coaches and officials. All decisions regarding the use of the locker room by certain groups are subject to change at any time and are within the sole discretion of the Meet Director. Current USMS rules will govern the meet. All participants must be age 18 or older and be currently registered members of U.S. Masters Swimming or another World Aquatics federation. Swimmers turning 18 during the meet may swim on the days they are 18 years old. Foreign registered swimmers must provide proof of current membership in their country's Masters Swimming governing body.

ELIGIBILITY: All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competitions are current 2026 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 16	Session 1	Warm-up: 4:30 PM*, Competition: 5:30 PM
	Friday, January 16	Session 2	Competition: 7:00 PM
	Saturday, January 17	Session 3	Warm-up: 7:00 AM*, Competition: 8:30 AM
	Saturday, January 17	Session 4	Warm-up: 4:30 PM*, Competition: 5:30 PM
	Sunday, January 18	Session 5	Warm-up: 7:00 AM*, Competition: 8:30 AM
	Sunday, January 18	Session 6	Warm-up: 4:00 PM*, Competition: 5:00 PM

*warm up times are subject to change at the discretion of the meet director. Finalized times will be available closer to the meet.

MEET FORMAT: All athletes will compete as Prelims/Finals. 1000 FR (13&up) and 500 FR (11-12) will be Timed Finals. Events are 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. The meet host will attempt to make any changes to the meet schedule by Tuesday, January 13th.

Meet directors reserve the right to add a Timed Finals session on Saturday and Sunday based on entry numbers.

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

FINALS: Finals will be swum as the following: 10&Under A final, 11-12 A + B Final, 13-14 A + B Final, 15&Over A + B + C Final. All Finals heats will be swum in the 8 lane course. Swimmers will have 30 minutes after the results are posted to scratch. Swimmers that fail to show up for an event in finals will be barred from further competition in the meet. Swimmers not returning for Sunday Finals must scratch at 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.

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 14th.

ENTRY LIMITS: Swimmers are limited to a total of nine (9) events for the meet and no more than three (3) events per day.

MEET MARSHALLS:

Meet Marshalls will be on deck to ensure the safety and proper conduct of the warm-up sessions and the meet in accordance with USA Swimming rules and safety guidelines. All marshalls will wear identifying attire (e.g. a specific colored vest provided). Visiting teams are required to provide a certain number of certified marshalls per session. Please list your team’s marshalls with your entry submission or contact the Meet Director (meetentries@tnaquatics.com) to sign up for a session.

ENTRIES:

This is a closed invitational. Entries are allowed for approved teams and approved unattached athletes only. No changes to the entry times will be accepted after the due date. 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 16th.

Entries must be received no later than Sunday, January 4th. 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.

USMS Swimmer paper entries MUST INCLUDE a signed [USMS Signed Waiver Liability Form](#)

ENTRY TIMES:

Enter with best Yards 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)	---	\$26.00
Time Trials	---	\$26.00/\$52.00 (relay)

Make checks payable to "Tennessee Aquatics".

We prefer for teams to bring forms and fees with them on Friday, January 16th.

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 director. Swimmers must be entered in the meet to participate in Time Trials. Time Trial fee will be \$26 for individuals, \$52 for relays.

CHECK-IN:

Swimmers entered in an individual event 400 yards or longer, 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. **The due time is 1 hour before the start of the competition.** 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 FREE & 500 FREE TF FOR 11-12:

The 1000 Free will be limited to the Top 24 Women and the Top 24 Men. The 1000 will be swum Fastest to Slowest. 500 Free (11-12) will be limited to Top 24 Women and Top 24 Men. The 500 will be swum fastest to slowest.

Swimmers will be required to provide their own counter for 13&Over 1000FR, 11-12 500FR, and 13&Over 500FR.

BACKSTROKE WEDGES:

Backstroke Wedges will be provided at the discretion of the Meet Directors.

PARKING ON THE UNIVERSITY of TENNESSEE CAMPUS:

Parking information will be announced ahead of 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.

Upstairs restrooms are for public use only. Athlete access and changing are strictly prohibited.

FACILITY NOTE:

Use of the upstairs diving area is strictly prohibited. Individuals found in this area will be asked to leave the building immediately.

MEDICAL SUPERVISION:

For the safety of all athletes, coaches, officials, and spectators at the meet, the following medical supervision may be available throughout the competition: Lifeguards will always be present and act as first responders. AED devices are available and located both on deck and in the stands. In the event of a serious injury, EMTs will be called.

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)

(8 lanes)

(9 lanes)

1. OPEN/PACE

Lanes 1 and 8

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

The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures.

MEET EVALUATION:

You are encouraged to send a meet evaluation to the SES General Chairman:
Brad Kale coastaquatics@gmail.com

TEAM ADDRESS:

We prefer for teams to bring forms and fees with them on Friday, January 16th.

ENTRIES & FEES:

Entries must be received no later than Monday, January 4th, 2026 by 11:59 PM EST.

A draft psych sheet will be sent out by January 7th, and all changes will be due by Sunday, January 11th at 12:00 PM EST.

EVENT SCHEDULE:

FRIDAY, January 16st, 2026 – Session 1 Prelims/Finals and Timed Finals

Girls	Age Group	Event	Boys
1	Open	50 Fly	2
3	Open	50 Back	4
5	Open	50 Breast	6
7	13 & Over	1000 Free	8
9	11-12	500 Free	10

The 1000 Free and 50 Free will be deck seeded. Check-in closes 1 hour before the start of the competition at the Clerk of Course.

FRIDAY, January 16st, 2026 – Session 2 Finals

Girls	Age Group	Event	Boys
1	Open	50 Fly	2
3	Open	50 Back	4
5	Open	50 Breast	6

SATURDAY, January 17th, 2026 - Session 3 Prelims

Girls	Age Group	Event	Boys
11	Open	200 Free	12
13	13-14	200 Free	14
15	11-12	200 Free	16
17	10&Under	200 Free	18
19	Open	100 Back	20
21	13-14	100 Back	22
23	11-12	100 Back	24
25	10&Under	100 Back	26
27	Open	200 Breast	28
29	13-14	200 Breast	30
31	11-12	200 Breast	32
33	10&Under	50 Breast	34
35	Open	100 Fly	36
37	13-14	100 Fly	38
39	11-12	100 Fly	40
41	10&Under	100 Fly	42
43	Open	50 Free	44
45	13-14	50 Free	46
47	11-12	50 Free	48
49	10&Under	50 Free	50
51	13&Over	400 IM	52

SATURDAY, January 17th, 2026 - Session 4 Finals

Girls	Age Group	Event	Boys
11	Open	200 Free	12
13	13-14	200 Free	14
15	11-12	200 Free	16
17	10&Under	200 Free	18
19	Open	100 Back	20
21	13-14	100 Back	22
23	11-12	100 Back	24
25	10&Under	100 Back	26
27	Open	200 Breast	28
29	13-14	200 Breast	30
31	11-12	200 Breast	32
33	10&Under	50 Breast	34
35	Open	100 Fly	36
37	13-14	100 Fly	38
39	11-12	100 Fly	40
41	10&Under	100 Fly	42
43	Open	50 Free	44
45	13-14	50 Free	46
47	11-12	50 Free	48
49	10&Under	50 Free	50
51	13&Over	400 IM	52

SUNDAY, January 18th, 2026 - Session 5 Prelims

Girls	Age Group	Event	Boys
53	Open	200 IM	54
55	13-14	200 IM	56
57	11-12	200 IM	58
59	10&Under	200 IM	60
61	Open	100 Free	62
63	13-14	100 Free	64
65	11-12	100 Free	66
67	10&Under	100 Free	68
69	Open	200 Back	70
71	13-14	200 Back	72
73	11-12	200 Back	74
75	10&Under	50 Back	76
77	Open	100 Breast	78
79	13-14	100 Breast	80
81	11-12	100 Breast	82
83	10&Under	100 Breast	84
85	Open	200 Fly	86
87	13-14	200 Fly	88
89	11-12	200 Fly	90
91	10&Under	50 Fly	92
93	13&Over	500 Free	94

SUNDAY, January 18th, 2026 - Session 6 Finals

Girls	Age Group	Event	Boys
53	Open	200 IM	54
55	13-14	200 IM	56
57	11-12	200 IM	58
59	10&Under	200 IM	60
61	Open	100 Free	62
63	13-14	100 Free	64
65	11-12	100 Free	66
67	10&Under	100 Free	68
69	Open	200 Back	70
71	13-14	200 Back	72
73	11-12	200 Back	74
75	10&Under	50 Back	76
77	Open	100 Breast	78
79	13-14	100 Breast	80
81	11-12	100 Breast	82
83	10&Under	100 Breast	84
85	Open	200 Fly	86
87	13-14	200 Fly	88
89	11-12	200 Fly	90
91	10&Under	50 Fly	92
93	13&Over	500 Free	94

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: benduby@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.

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.

Additional COVID-19 Statement and Liability Release

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, 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 \$13.00 = \$ _____

Total Swimmers _____ X Facility Fee \$26.00 = \$ _____

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

Total Due \$ _____