TIMEDROP MUSIC CITY INVITE

December 4-6, 2026

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: 26SENAC12-4
SANCTION NUMBER FOR TIME TRIAL: 26SENAC12-4TT

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.

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

FINALS:
Warm-up Friday and Saturday @ 3:15 - 4:30 pm, Sunday 3:00 - 4:10 pm
Competition Friday and Saturday @ 4:45 pm, Sunday @ 4:15 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:

- 10-U, 11-12, 13-14, and Senior
- Age on the first day of competition determines age group for the entire meet.

INDIVIDUAL EVENTS:

- Timed finals for 10-U.
- Prelim/Finals for 11-12, 13-14, & Senior.

PRELIMS 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.
- Senior 50 Butterfly, Backstroke, and Breaststroke will swim A Final Only.

SEEDING: Events will be pre-seeded. All individual events will be seeded slow to fast. *Exceptions*:

- 500 Free, 1650 Free, 400 IM and all relays will be deck seeded and will be swum fastest to slowest. Swimmers in the 500 Free, 400 IM and 1650 must sign-in with the Meet Clerk by 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.
- Swimmers in the 1650 have the option to declare AM/PM by 7pm on Saturday night, otherwise they will be seeded according to seed time. A full heat of the boys and girls 1650 will run at Sunday Finals. If after AM/PM declarations are made a full heat cannot be swum at night AM/PM preferences will not be honored.
- 11-12, 13-14 and Open Relays will be seeded fast to slow alternating boys and girls.

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.

ELIGIBILITY: **The Timedrop Music City Invite Time Standards** are the minimum qualifying times for individual events for athletes outside of the Southeastern Swimming LSC. Athletes who are members of the Southeastern Swimming LSC do not need a cut time to swim in the meet, but they must achieve qualifying times in events 200 and longer. Swimmers outside of the Southeastern Swimming LSC must meet the minimum qualifying times for ONE (1) or more of their individual events to be eligible to compete.

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.

ENTRIES:

- **Teams are to submit entries using a HYTEK meet entry file to entry@swimnac.com. All entries must be received by Tuesday, November 10th.**
- 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.

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.
- Entries in the 500 Free, 400 IM, and 1650 may be limited to accommodate the timelines.
- The meet will be limited to 800 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 timer 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 Three (3) individual events, including time trial events, per day.
- Only swimmers already entered in the meet are eligible for time trials.

SCRATCHES:

- Scratching an event is by a coach or swimmer performed by lining through swimmers name and initialing on sign in sheet or results. Or standard language from other meet info.
- 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.
- Swimmers declaring “intent to scratch” must notify the Clerk of Course within 30 minutes of completion of their final event of the day of their decision. Failure to do so will result in a “Scratch” for that event.
- 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 $15
- Relays $30
- SES Surcharge $4
- Facility Surcharge $35
- Late Fee Individual $18

MEET ENTRY: Fees may be paid via ACH or credit card, you will receive an invoice from admin@swimnac.com. We no longer accept checks. Paying by credit card will incur a 3.5% processing fee, but paying via ACH will have no additional fees. All teams must also have a signed waiver on file that can be given to the Meet Director on Saturday morning.

Please submit entries to:

ENTRY CHAIR

Jack Folcarelli

Entry@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	**ADMIN OFFICIAL**
Leah Choate	**Katherine Paxton**
MeetRef@SwimNAC.com	**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.

Tim Bauer tbauer@tnaquatics.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 - Prelims Sessions

Friday Prelims/Finals

Girls	Event	Boys
1	OPEN 50 BUTTERFLY	2
3	10 & U 100 FREESTYLE	4
5	11-12 100 FREESTYLE	6
7	13-14 200 FREESTYLE	8
9	SENIOR 200 FREESTYLE	10
11	10 & U 50 BREASTSTROKE	12
13	11-12 50 BREASTSTROKE	14
15	13-14 100 BREASTSTROKE	16
17	SENIOR 100 BREASTSTROKE	18
19	10 & U 100 BACKSTROKE	20
21	11-12 100 BACKSTROKE	22
23	13-14 200 BACKSTROKE	24

25	SENIOR 200 BACKSTROKE	26
27	10 & U 200 IM	28
29	11-12 200 IM	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

*11 & Over Relays will swim at Finals Only

Order of Events - Prelims Sessions

Saturday Prelims/Finals

Girls	Event	Boys
41	10 & U 100 BUTTERFLY	42
43	11-12 100 BUTTERFLY	44
45	13-14 200 BUTTERFLY	46
47	SENIOR 200 BUTTERFLY	48
49	10 & U 50 FREESTYLE	50
51	11-12 50 FREESTYLE	52
53	13-14 50 FREESTYLE	54
55	SENIOR 50 FREESTYLE	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	OPEN 50 BACKSTROKE	68
69	11-12 500 FREESTYLE	70
71	13-14 500 FREESTYLE	72

73	SENIOR 500 FREESTYLE	74
75	11-12 200 MEDLEY RELAY*	76
77	13-14 400 MEDLEY RELAY*	78
79	SENIOR 400 MEDLEY RELAY*	80

*11 & Over Relays will swim at Finals Only

Order of Events- Prelims Sessions

Sunday Prelims/Finals

Girls	Event	Boys
83	OPEN 50 BREASTSTROKE	84
85	10 & U 50 BACKSTROKE	86
87	11-12 50 BACKSTROKE	88
89	13-14 100 BACKSTROKE	90
91	SENIOR 100 BACKSTROKE	92
93	10 & U 200 FREESTYLE	94
95	11-12 200 FREESTYLE	96
97	13-14 100 FREESTYLE	98
99	SENIOR 100 FREESTYLE	100
101	10 & U 100 BREASTSTROKE	102
103	11-12 100 BREASTSTROKE	104
105	13-14 200 BREASTSTROKE	106
107	SENIOR 200 BREASTSTROKE	108
109	10 & U 50 BUTTERFLY	110
111	11-12 50 BUTTERFLY	112
113	13-14 100 BUTTERFLY	114
115	SENIOR 100 BUTTERFLY	116
117	10 & U 200 FREE RELAY	118
81	OPEN 1650 FREESTYLE**	82

**The top boys and top girls heat of the 1650 will be swum as the first 2 events at Finals. (Events 81 & 82)

** All swimmers in the 1650 outside the finals heat will need to provide their own timer.

2026 TIMEDROP MUSIC CITY INVITE TIME STANDARDS*

*For Teams outside of the Southeastern Swimming LSC

GIRLS				EVENTS		BOYS		
10 & Under	**11-12**	**13-14**	**Open**		**Open**	**13-14**	**11-12**	**10 & Under**
:33.49	:29.39	:26.69	:25.79	**50 Free**	:22.99	:24.79	:29.19	:34.09
1:15.79	1:03.59	:57.99	:56.29	**100 Free**	:50.29	:55.49	1:04.19	1:17.09
2:47.89	2:20.89	2:07.99	2:02.99	**200 Free**	1:50.19	2:02.49	2:24.59	2:48.79
--	6:06.19	5:42.39	5:29.99	**500 Free**	4:57.49	5:30.79	6:16.19	--
--	--	19:15.79	18:30.49	**1650 Free**	17:45.39	18:30.49	--	--
:39.29	:33.79	2:17.19	2:17.19	**50 Back**	2:04.29	2:04.29	:34.79	:40.19
1:26.39	1:13.09	1:05.39	1:03.29	**100 Back**	:56.49	1:03.09	1:15.39	1:28.19
--	--	2:24.79	2:17.19	**200 Back**	2:04.29	2:18.69	--	--
:45.79	:38.59	2:36.89	2:36.89	**50 Breast**	2:17.79	2:17.79	:39.59	:47.29
1:40.09	1:22.89	1:16.79	1:12.89	**100 Breast**	1:03.29	1:10.49	1:26.39	1:44.39
--	--	2:46.09	2:36.89	**200 Breast**	2:17.79	2:35.99	--	--
:38.39	:32.89	2:20.09	2:20.09	**50 Fly**	2:04.39	2:04.59	:32.99	:40.19
1:32.69	1:14.19	1:04.29	1:02.79	**100 Fly**	:54.99	1:02.79	1:15.39	1:36.89
--	--	2:33.99	2:20.09	**200 Fly**	2:04.39	2:27.39	--	--
1:26.69	1:14.09	--	--	**100 IM**	--	--	1:14.89	1:27.59
3:09.69	2:39.09	2:25.19	2:19.09	**200 IM**	2:03.79	2:17.89	2:44.29	3:12.29
--	--	5:13.09	4:56.49	**400 IM**	4:29.69	4:59.39	--	--

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: _____

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