



**SOUTHERN ZONE EASTERN SECTION
AGE GROUP CHAMPIONSHIPS
MARCH 10-13, 2011
Hosted by Excel Aquatics**

Sanctioned by USA Swimming and Southeastern Swimming, Inc.

USA SANCTION #: 11SEXCEL03-10

TIME TRIAL #: 11SEXCEL03-10TT

HOSTED BY: Excel Aquatics
920 Heritage Way
Brentwood, TN 37027
615-370-3471, ext. 23

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

FACILITY: The facility contains an indoor 50 meter by 25-yard pool divided by 2 bulkheads into two 25-yard pools with a minimum depth of 7 feet. Separate warm down pool available. Seating for 1500 spectators.

TIMING: Fully automatic Colorado electronic timing system and scoreboard with lane, time, place display for each pool, 1-button backup with manual watch time.

TIME SCHEDULE:	Warm Up	Meet Start
Thursday Timed Final	4:00 PM	5:30 PM
Fri/Sat/Sun Prelims (11 & Over)	7:00 AM	8:00 AM
Fri/Sat Timed Finals (10 & Under)	12:30 PM	1:30 PM
Sun Timed Finals (10 & Under)	Immediately following Morning Session	1 Hour After the Conclusion of the Preliminary Session
Fri/Sat Finals	4:30 PM	5:30 PM
Sun Finals	4:00 PM	5:00 PM

USA SWIMMING MEMBERSHIP:

Insurance regulations require that all swimmers, coaches, judges, starters, and referees be a current member of USA Swimming, Inc. It is each club's responsibility to register their swimmers, coaches and officials. Swimmers, coaches, and officials who are not current members of USA Swimming, Inc. may not participate in the meet nor be on the pool deck. Be sure to display your credentials in order to gain access to the pool deck.

ELIGIBILITY: Open to members of the Eastern Section of the Southern Zone, its clubs and swimmers registered with USA Swimming, that are in good standing with the Eastern Section. All USA Swimming registered clubs in the following LSC's are eligible to become members of the Eastern Section: Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Southeastern, and West Virginia.

RULES:

The current USA Swimming Rules and SES Rules & Regulations will govern the conduct of the meet unless noted otherwise herein. Out-of-State teams should be prepared to submit proof of current USA Swimming membership of each swimmer entered. A swimmer not previously entered wishing to late enter the meet via deck entry must present proof of USA Swimming membership. All USA Swimming and SES safety rules will be strictly enforced.

MEET

DIRECTOR: Hope Beach, mbeach2000@bellsouth.net 615-275-9931

MEET**REFEREE:** Ronette Jones, rjitwo4one@yahoo.com

Visiting officials are welcome and encouraged to participate. All officials must wear current USA Swimming membership credentials while on deck and must present current Officials certification card to the Meet Referee at check-in. Please contact Tara Todd at tara.todd@vanderbilt.edu with level of certification and sessions desired. Southeastern Swimming, Inc. Officials dress code is white polo shirt, khaki pants/shorts/skirt, and white shoes and is to be worn for all sessions. Officials' briefings take place 45 minutes prior to the start of each session in the hospitality room.

ENTRY CHAIR: Kate Chronic
C/O Excel Aquatics
920 Heritage Way
Brentwood, TN 37027
847-830-7946
chronicks@aol.com**FORMAT:**

All distance events (400 IM, 500, 1000, 1650 Free) may be run in two pools. There will be an A Final and B Final for all prelim/final individual events.

All 10 & under age group events will be conducted as timed finals and swum in the afternoon each day.

All 11-12 events 100 and shorter are prelim/final format. All events 200 and longer will be timed final events swum in the following format:

The 11-12 200 Back, 200 Breast, and 200 Fly are timed final events with the fastest heat of girls and boys swimming at Finals. All relays will be conducted as timed final events and will be swum in the Prelim sessions.

All individual events in the 13-14 age group will be prelim/final events with the exception of the 1000 and 1650 Freestyle events as described below.

All relays will be conducted as timed final events and will be swum in the prelim sessions with the exception of the 800 Free Relay swum Thursday.

500 Free:

The 10 & Under 500 Free events will be swum fastest to slowest alternating girls and boys.

The 11-12 500 Freestyle events will be timed finals swum fastest to slowest during prelims, except for the fastest heat of girls and boys who will swim at during finals.

The 13-14 500 Freestyle shall be conducted as prelim/finals event. Preliminaries will be swum with the fastest four heats of girls swimming slow to fast, the fastest four heats of boys swimming slow to fast, then all remaining heats.

The Meet Referee shall determine which pool each event is held based on entries.

All 500 Free events shall be deck-seeded after positive check-in.

400 IM:

All heats of the 11-12 400 IM shall be contested as timed finals events on Thursday evening, fastest to slowest.

The 13-14 events shall be conducted as prelim/finals events. Preliminaries will be swum with the fastest four heats of girls swimming slow to fast, then the fastest four heats of boys swimming slow to fast. All remaining heats will be swum fast to slow.

The Meet Referee shall determine which pool each event is held based on entries.

All 400 IM events shall be deck-seeded after positive check-in.

1000 Free:

The 100 Free shall be swum as 11-14, timed final events. All Heats will be contested during the Thursday evening session, swum fastest to slowest. These events shall be scored 11-12 and 13-14.

The Meet Referee shall determine which pool each event is held based on the entries.

All 1000 Free events shall be deck-seeded after positive check-in.

1650 Free:

These events shall be swum 11-14, timed final events. The fastest deck-seeded heat of these events will swim during finals. All other heats will swim during prelims, fastest to slowest. These events shall be scored 11-12 and 13-14.

The meet referee shall determine which pool each event is held based on the entries.

All 1650 Free events will be deck- seeded after positive check-in.

POSITIVE

CHECK-IN:

Individual Events	Check-In Deadline	
11-12 400 IM	Thursday, Mar 10	4:45pm
11-14 1000 Free	Thursday, Mar 10	4:45pm
13-14 400 IM	Friday, Mar 11	7:45am
11-12 200 Back	Friday, Mar 11	7:45am
11-12 500 Free	Saturday, Mar 12	7:45am
13-14 500 Free	Saturday, Mar 12	7:45am
10 & Under 500 Free	Saturday, Mar 12	1:30pm
11-12 200 Fly	Sunday, Mar 13	7:30am
11-12 200 Breast	Sunday, Mar 13	7:30am
11-14 1650 Free	Sunday, Mar 13	7:45am

POSITIVE

CHECK-IN

OR

SCRATCHES: 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 and place their initials next to the swimmer's name.

COURSES: Depending on the number of entries, the meet may be run in one or two courses; the distance events may be run in two courses. Changes in course assignments will be e-mailed to the address listed on the 2010-2011 membership list or to an alternative e-mail address as requested. Meet Management reserves the right to run the preliminary sessions in two courses if needed.

SCRATCH

RULE:

Any swimmer not planning to swim at night in finals must scratch with the Admin Referee within 30 minutes after the results are announced so those swimmers who would like to swim again may do so. The penalty for failure to show in a final or consolation final is disqualification from the remainder of the meet (USA Swimming Rule 206.5.9). Swimmers who have indicated that they may scratch must confirm the scratch within 30 minutes after the conclusion of their last individual event of the day. Any positively checked-in swimmer missing a deck-seeded event shall be barred from their next individual event. There is no penalty for "no-show" in a pre-seeded preliminary event.

On Sunday, any swimmer checked in for a championship or consolation final in an individual event who fails to compete in said event will be barred from further competition and also fined \$25.00 for each event not swum.

TIME STANDARDS:

All swimmers must have met the meet time standards either short course or long course in each event entered. Swimmers entering with a long course qualifying time shall be ENTERED WITH AND SEEDED WITH the short course qualifying time standard. *Times for all events must have been achieved by the due date of the entry.*

ENTRY**LIMIT:**

Swimmers may compete in no more than three (3) individual events per day. Swimmers whose entries exceed the daily limit will need to be scratched in order to adhere to the 3 per day limit. Each team will be limited to two (2) scoring relay teams per event, but may enter as many relay teams as desired.

ENTRIES:

Athletes may enter up to three (3) events per day. Time Trial events count as one of the three events allowed on a given day. Entry times should be in Short Course Yards (SCY). The required method of entry is email. Teams must submit their entry in a zipped file via email. A printed report including full name, USA number, event numbers, and entry times of all swimmers must be included with the entry. This report will serve as the official entry form. Individual entries and a signed release with fee summary must be mailed within 72 hours of the meet entry deadline.

ENTRY FEES: Individual Event - \$5.50 Relay Event - \$10.00 per relay
Late Fees - \$11.00 per individual event and \$20.00 per relay.
Facility Surcharge is \$15.00 per swimmer.
Surcharge for SES teams is \$3.00 per swimmer.
Surcharge for Non SES Teams is \$5.00 per swimmer

Please make checks payable to: Excel Aquatics

EMAIL ENTRIES

The following guidelines must be followed for email entries:

1. Official entry forms and all entry fees and swimmer surcharges are due within 72 hours or receipt of entry.
2. Email entries must be zipped so that it arrives to the entry chair intact.
3. The club's entire entry must be sent in one email. Please do not flood the entry chair with several emails which compose one single team entry.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ENTRY DEADLINE: All entries must be sent to the Entry Chair. Entries will not be accepted prior to Friday, January 28, 2011 at 8:00am CST and will not be accepted after 11:59pm CST Monday, February 28, 2011.

LATE**ENTRIES:**

Late entries will be accepted at the discretion of the Meet Referee on a first come/first serve basis only if open lanes are available and will be seeded with NT. No additional heats will be created for pre-seeded events. Late entries will be accepted at the meet up until the time that the clerk of course closes before each session (see schedule under "Check-In"). Late entry fees will be doubled for individual and relay events, that is \$11.00 per individual event and \$20.00 per relay. Late entered swimmers must present proof of USAS registration to the clerk of course.

PROOF OF TIME:

Swimmers who do not equal or better the applicable Southern Zone Eastern Section Age Group Championship time standards in any event at the championship meet must be able to prove that they have previously achieved the qualifying time. Swimmers unable to provide proof-of time will be assessed a \$25 fine for each event they cannot prove. Proof of times is due by May 1, 2011. Fines are

doubled to \$50 per occurrence regardless of provability after May 1, 2011. The only acceptable proof of time will be official meet results from a USA Swimming sanctioned or approved competition. In the event a swimmer does not pay this fine, neither the swimmer nor the swimmer's team will be eligible to enter future Southern Zone Eastern Section Championships until such time as the fee is paid. Come prepared to pay outstanding fines before your team can participate in the meet. Fines will be deposited with no further need of proofs from those previous meets. All fines collected go to the Southern Zone Eastern Section Travel Fund.

SWIMMERS WITH DISABILITIES:

In accordance with USA Swimming Rules, Articles 105 and 202.1.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee with specific requests.

SCORING:

Individual Events:20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events:40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Individual and Relay Events will be scored out to sixteen places.

Swimmers competing must achieve the Southern Zone Eastern Section Age-Group time standard to score team or individual points. Only two relays from each team can score.

AWARDS:

Team Awards: Plaques for 1st – 6th Place teams.
Individual Awards: Medals for 1st-3rd place, ribbons for 4th-16th place.
Relay Awards: Medals 1st-3rd place; ribbons for 4th-8th place.
Individual High Point: Plaques for highest scoring girl and boy in each age group.

TIME TRIALS:

Time Trials will be held at the conclusion of any preliminary or final session at the coach's request, time permitting. Fees: \$6.50 per individual event; \$12.00 per relay. Sign-up deadlines will be announced during the meet.

STARTS:

At the Meet Referee's discretion, fly-over starts may be implemented in order to ensure each session is completed in a timely manner.

MEET

COMMITTEE:

A meet committee will be formed consisting of two coaches and two swimmers selected at random, plus the Meet Referee, Meet Director and Southern Zone Eastern Section Chairman or their designee.

COACHES

MEETING:

There will be a coaches meeting on Thursday, March 10 beginning at 3:30 pm in the Hospitality Room.

CONCESSIONS:

There will be a Hospitality Room open to all coaches and officials.
Refreshments will be available at the concession stand.

MEET EVALUATIONS: Please send any comments, suggestions, or evaluations concerning the meet to:

John Woods, General Chairman, SES
flipper@gps.edu
205 Island Ave.
Chattanooga, TN 37405

2011 SOUTHERN ZONE EASTERN SECTION AGE GROUP QUALIFYING TIMES

10 & Under Girls		10 & Under Boys		
Long Course	Short Course	Events	Short Course	Long Course
35.09	31.09	50 Free	30.69	34.79
1:18.19	1:09.09	100 Free	1:07.69	1:16.79
2:48.69	2:29.09	200 Free	2:25.59	2:43.39
5:49.39	6:31.39	400/500 Free	6:36.19	5:53.59
40.69	36.39	50 Back	36.69	41.39
1:28.19	1:18.29	100 Back	1:18.09	1:27.89
45.49	40.09	50 Breast	40.59	46.09
1:39.79	1:28.89	100 Breast	1:28.99	1:40.79
39.89	35.29	50 Fly	34.89	38.99
1:31.99	1:21.59	100 Fly	1:20.79	1:31.09
	1:19.29	100 IM	1:18.09	
3:09.89	2:48.19	200 IM	2:47.69	3:09.39

11/12 Girls		11/12 Boys		
Long Course	Short Course	Events	Short Course	Long Course
31.49	27.59	50 Free	27.49	31.49
1:08.09	59:89	100 Free	59.99	1:08.19
2:27.79	2:10.19	200 Free	2:09.99	2:27.49
5:07.09	5:43.99	400/500 Free	5:45.69	5:08.59
10:53.59	12:12.29	800/1000 Free	12:34.89	11:15.09
21:52.89	21:27.09	1500/1650 Free	21:20.39	22:05.99
35.89	31.79	50 Back	32.09	36.29
1:17.79	1:08.99	100 Back	1:09.49	1:18.39
2:49.69	2:29.19	200 Back	2:29.69	2:50.19
41.19	36.19	50 Breast	35.79	40.79
1:28.99	1:18.29	100 Breast	1:17.69	1:28.29
3:14.69	2:51.19	200 Breast	2:49.39	3:12.09
34.69	30.59	50 Fly	30.89	34.99
1:17.99	1:08.99	100 Fly	1:08.99	1:17.99
2:57.99	2:37.79	200 Fly	2:34.99	2:55.29
	1:08.69	100 IM	1:09.19	
2:46.79	2:27.69	200 IM	2:29.79	2:49.49
5:48.29	5:11.89	400 IM	5:23.69	6:12.39

13/14 Girls			13/14 Boys	
Long Course	Short Course	Events	Short Course	Long Course
29.39	26.39	50 Free	24.69	28.59
1:04.99	56.89	100 Free	53:49	1:01.59
2:19.89	2:02.59	200 Free	1:56.89	2:12.99
4:47.89	5:24.99	400/500 Free	5:12.09	4:38.89
10:02.89	11:15.49	800/1000 Free	10:48.49	9:38.79
19:24.49	19:01.59	1500/1650 Free	18:26.99	18:49.19
		50 Back	--	
1:13.69	1:04.59	100 Back	1:01.69	1:10.19
2:37.69	2:18.69	200 Back	2:12.99	2:31.09
		50 Breast	--	
1:24.59	1:13.99	100 Breast	1:09.29	1:18.99
3:02.09	2:40.09	200 Breast	2:29.79	2:50.29
		50 Fly	--	
1:11.49	1:03.59	100 Fly	1:00.69	1:08.59
2:41.09	2:22.39	200 Fly	2:16.39	2:34.19
		100 IM	--	
2:38.09	2:19.49	200 IM	2:12.89	2:31.29
5:26.49	4:52.39	400 IM	4:40.69	5:17.99

Order of Events
2011 Southern Zone Eastern Age-Group Championships
March 10-13, 2011
Thursday, March 10, 2011 – Warm-up: 4:00 pm Start: 5:30 pm

GIRLS	EVENT	BOYS
1	13-14 800 Free Relay	2
3	11-12 400 IM*	4
5	11-12 1000 Free**	6
	13-14 1000 Free**	

*Deck Seeded Event. Positive Check-In Required.

**These events are run as 11-14 events but scored out as 11-12 and 13-14.

Friday Morning, March 11, 2011 – Warm-up: 7:00 am Start: 8:00 am

GIRLS	EVENT	BOYS
7	11-12 200 Free	8
9	13-14 200 Free	10
11	11-12 100 Breast	12
13	13-14 100 Breast	14
15	11-12 50 Fly	16
17	13-14 100 Fly	18
19	11-12 100 IM	20
21	13-14 400 IM*	22
23	11-12 200 Back*	24
25	13-14 400 Free Relay	26
27	11-12 200 Free Relay	28

*Deck Seeded Event. Positive Check-In Required.

Friday Afternoon, March 11, 2011 – Warm-up: 12:30 pm Start: 1:30 pm

GIRLS	EVENT	BOYS
29	10 & Under 200 Free	30
31	10 & Under 100 Breast	32
33	10 & Under 50 Fly	34
35	10 & Under 100 IM	36

Friday Evening, March 11, 2011 – Warm-up: 4:30 pm Start: 5:30 pm

GIRLS	EVENT	BOYS
7	FINALS 11-12 200 Free	FINALS 8
9	FINALS 13-14 200 Free	FINALS 10
11	FINALS 11-12 100 Breast	FINALS 12
13	FINALS 13-14 100 Breast	FINALS 14
15	FINALS 11-12 50 Fly	FINALS 16
17	FINALS 13-14 100 Fly	FINALS 18
19	FINALS 11-12 100 IM	FINALS 20
21	FINALS 13-14 400 IM	FINALS 22
23	FASTEST HEAT 11-12 200 Back	FASTEST HEAT 24

Order of Events
2011 Southern Zone Eastern Age-Group Championships
March 10-13, 2011

Saturday Morning, March 12, 2011 – Warm-up: 7:00 am Start: 8:00 am

GIRLS	EVENT	BOYS
37	11-12 100 Fly	38
39	13-14 200 Fly	40
41	11-12 100 Free	42
43	13-14 50 Free	44
45	11-12 50 Breast	46
47	13-14 200 Breast	48
49	11-12 50 Back	50
51	13-14 100 Back	52
53	11-12 500 Free*	54
55	13-14 500 Free*	56
57	11-12 200 Medley Relay	58
59	13-14 400 Medley Relay	60

*Deck Seeded Event. Positive Check-In Required.

Saturday Afternoon, March 12, 2011 – Warm-up: 12:30 pm Start: 1:30 pm

GIRLS	EVENT	BOYS
61	10 & Under 100 Fly	62
63	10 & Under 100 Free	64
65	10 & Under 50 Back	66
67	10 & Under 500 Free*	68
69	10 & Under 200 Medley Relay	70

*Deck Seeded Event. Positive Check-In Required.

Saturday Evening, March 12, 2011 – Warm-up: 4:30 pm Start: 5:30 pm

GIRLS	EVENT	BOYS
37	FINALS 11-12 100 Fly	38 FINALS
39	FINALS 13-14 200 Fly	40 FINALS
41	FINALS 11-12 100 Free	42 FINALS
43	FINALS 13-14 50 Free	44 FINALS
45	FINALS 11-12 50 Breast	46 FINALS
47	FINALS 13-14 200 Breast	48 FINALS
49	FINALS 11-12 50 Back	50 FINALS
51	FINALS 13-14 100 Back	52 FINALS
53	FASTEST HEAT 11-12 500 Free	54 FASTEST HEAT
55	FINALS 13-14 500 Free	56 FINALS

**Order of Events
2011 Southern Zone Eastern Age-Group Championships
March 10-13, 2011**

Sunday Morning, March 13, 2011 – Warm-up: 7:00 am Start: 8:00 am

GIRLS	EVENT	BOYS
71	11-12 200 Fly*	72
73	13-14 100 Free	74
75	11-12 50 Free	76
77	11-14 1650 free**	78
79	11-12 200 Breast*	80
81	13-14 200 Back	82
83	11-12 100 Back	84
85	13-14 200 IM	86
87	11-12 200 IM	88

*Deck Seeded Event. Positive Check-In Required.

**These events are run as an 11-14 event but scored as 11-12 and 13-14. The preliminary heats will be swum 10 minutes after the conclusion of preliminary events.

**Sunday Afternoon, March 13, 2011 –
Warm-up: Immediately following the conclusion of the Morning Preliminary Session
Start: One (1) Hour After the Conclusion of the Morning Preliminary Session**

GIRLS	EVENT	BOYS
89	10 & Under 50 Free	90
91	10 & Under 50 Breast	92
93	10 & Under 100 Back	94
95	10 & Under 200 IM	96
97	10 & Under 200 Free Relay	98

Sunday Evening, March 13, 2011 – Warm-up: 4:00 pm Start: 5:00 pm

GIRLS	EVENT	BOYS		
71	FASTEST HEAT	11-12 200 Fly	FASTEST HEAT	72
73	FINALS	13-14 100 Free	FINALS	74
75	FINALS	11-12 50 Free	FINALS	76
77	FASTEST HEAT	11-14 1650 Free*		
79	FASTEST HEAT	11-12 200 Breast	FASTEST HEAT	80
81	FINALS	13-14 200 Back	FINALS	82
83	FINALS	11-12 100 Back	FINALS	84
		11-14 1650 Free	FASTEST HEAT	78
85	FINALS	13-14 200 IM	FINALS	86
87	FINALS	11-12 200 IM	FINALS	88



SOUTHEASTERN SWIMMING, INC.
INFORMATION FORM FOR SWIMMERS WITH A DISABILITY
This non mandatory form is for accommodation purposes.

Name _____

Address _____ Team _____

USA Registration # _____

Age and DOB: _____ 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:

Meet Referee Email: jeff.osteen@comcast.net

Disability Chair Email: walleybob@hotmail.com

Walter Smalley 901-486-1782



WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:



2011 Southern Zone Age Group Sectionals

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. EXCEL AQUATICS, Centennial Sports Complex, Nashville Metro Parks & Recreation, City of Nashville, 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 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 further acknowledge my understanding of the following USA Swimming rule regarding registration:

501.7

.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.

302.4 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:

CLUB:

TITLE:

DATE:

TEAM INFORMATION

CLUB NAME:		INITIALS:
ADDRESS:		
LSC:	HEAD COACH:	
CONTACT PERSON:		PHONE NUMBER:
FAX NUMBER:	CELL PHONE:	EMAIL:
COACHES ATTENDING:	1.	
	2.	
	3.	
	4.	
CERTIFIED OFFICIALS WHO MAY WISH TO WORK:	1.	
	2.	
	3.	
	4.	
NUMBER OF SWIMMERS ENTERED:	ATTACHED:	
	UNATTACHED:	
	TOTAL:	

SUMMARY OF FEES

NUMBER OF SWIMMERS:		X \$3.00 SES SURCHARGE	=	
NUMBER OF SWIMMERS:		X \$5.00 NON SES SURCHARGE	=	
NUMBER OF SWIMMERS:		X\$15.00 FACILITY SURCHARGE	=	
NUMBER OF IND. EVENTS:		X \$5.50 PER EVENT ENTRY FEE	=	
NUMBER OF RELAYS:		X \$10.00 PER RELAY ENTRY FEE	=	
TOTAL DUE:				



Southeastern Swimming

Meet Safety Guidelines and Warm-up Procedures

1. Coaches Responsibilities

- A. Coaches shall instruct swimmers regarding swimming safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
- B. Coaches shall actively supervise their swimmers throughout the warm-up session at swim meets and at all practices.
- C. Coaches should stand near the starting end the pool when starting swimmers on swim or pace work.

2. Host Team Responsibilities

- A. Marshaling
 - 1. A minimum of two (2) marshals who report to, and receive instructions from, the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session.
 - 2. Whenever a sprint lane is opened an additional marshal must be assigned to the lane's starting block.
 - 3. Marshals shall be members of USA Swimming.
 - 4. Marshals shall have the authority to remove from the deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety guidelines or warm-up procedures.
- B. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the meet information: "Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet."
- C. Hazards in locker rooms, on the deck, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
- D. All starting platforms shall be anchored to the deck or bulkhead to remain stable at all times in accordance with USA Swimming Rules.
- E. All music played during warm-up times shall be kept at a low (background) level that shall allow coaches and marshals to communicate with the athletes. The volume of the music may be turned up after the pool is cleared, and before the start of the meet to raise the excitement level for the competition.

3. Safety Guidelines

- A. Swimmers shall enter the water feet first from the ends of the pool at all times during the warm-up session. Entering from the sides of the pool is forbidden.
- B. Swimmers shall not wear swim fins, hand paddles or any other equipment that could injure other swimmers or damage equipment (touch pads). The use of soft swim mitts is permissible.
- C. Swimmers shall swim in a circular pattern during general warm-up.
- D. Practice starts from the blocks are only permitted in designated sprint lanes under the direct supervision of the coach.
- E. Backstroke swimmers shall insure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroke swimmer waiting to start.
- F. Warm-up Procedures when teams are assigned to specific lanes
 - 1. Participating teams shall be assigned to specific lanes for the warm-up period based on the number of participants.
 - 2. The coaches of the teams assigned to each lane shall determine the warm-up for that lane. Procedures must adhere to USA Swimming safety rules.
 - 3. Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner.
 - 4. Warm-ups may be segregated by gender, by age group or any mixture of the two in order to keep the number of swimmers warming up as equal as possible.
 - 5. The host club may choose to divide the teams into different warm-up sessions in order to have an entire team's athletes warm-up together. In this case, teams should be assigned to "early" and "late" warm-up sessions on different days so that no team has an advantage over another.