

NASHVILLE AQUATIC CLUB
NIKE MUSIC CITY INVITATIONAL
December 4 . 5 . 6 2009

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming, the rules of which will apply.

SES SANCTION NUMBER: 09SENAC12-4

HOST CLUB: NASHVILLE AQUATIC CLUB

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

FACILITY: Indoor 50 meter by 25 yard pool divided by two 4-foot wide bulkheads into two 25 yard pools. Separate warm down pool will be available. Wireless live results in the pool area will be available for those with Hy-Tek's Hy-Wire installed on their Pocket PC or Palm OS device.

MEET SESSIONS: FRIDAY & SATURDAY, DECEMBER 4 and 5

Preliminaries: #1 Warm-up 7:15-8:00am
#2 Warm-up 8:00-8:45am
Competition 9:00am

Finals: Warm-up 4:15-5:15pm
Competition 5:30pm

SUNDAY, DECEMBER 6

Preliminaries: #1 Warm-up 7:15-8:00am
#2 Warm-up 8:00-8:45am
Competition 9:00am

Finals: Warm-up 3:15-4:15pm
Competition 4:30pm



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 swum in Preliminary sessions. Prelim/Finals for 11-12 through Senior age groups. Prelims will be swum in dual 8 lane courses. Finals will be swum in a single 8-lane course. Finals will be swum as follows:

11-12 age group – A Final

13-14 age group – A & B Final

Senior age group – A, B & C Final

Exceptions:

- 11-12 500 Free is a timed final event swum in the Preliminary session fastest to slowest, except for the fastest heat which will be swum in Finals.
- 13-14 and Senior 1650 Free are timed finals, swum in the Preliminary session fastest to slowest, except for the fastest heat which will be swum in Finals.
- 13-14 400 IM and 500 Free will swim only an A Final.
- Senior 400 IM and 500 Free will swim only an A & B Final

RELAYS:

Relays will be timed finals. Heats will be swum slowest to fastest in the Finals session, except 10-U relays, which will be swum at the end of the Preliminary session. **Teams are limited to two relay entries in each relay event.**

Positive check-in for relays is required the day of the event. Relay cards submitted to Clerk of Course 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.

SEEDING:

Events will be pre-seeded. *Exceptions:* 500 Free, 1650 Free, 400 IM and all relays will be deck seeded.

ELIGIBILITY:

The 2009 NIKE Music City Invitational Time Standard is the minimum qualifying time for individual events. There will be no time standard for relays. Swimmers must be registered with USA Swimming or the swimming federation of their representative country. No entries will be accepted without current USAS registration numbers (or their international equivalents).

ENTRIES:

A swimmer may enter and swim no more than three individual events per day and no more than seven individual events in the entire meet.

Teams are to submit entries to Cindy Davis via email at entry@swimnac.com . HYTEK event file, psych sheets, daily results and other meet information will be posted at www.swimnac.com as it becomes available.

Teams with HYTEK MEET MANAGER may submit entries via e-mail to the Entry Chair. Results files will be posted on the NAC website after the conclusion of the meet. Manual entries must be legible and complete, including the first and last name of each



swimmer, age, USAS registration number and the short course yard time for individual events.

FEES: **\$6.00 per swimmer per individual event (\$7.00 Late)**
\$12.00 per relay (\$12.00 Late)
\$3.00 LCS Surcharge (Southeastern Surcharge)
\$5.00 Out of LSC Surcharge

DEADLINE:

All entries and entry materials must be received by **Tuesday, November 24 at 6:00 p.m.** Entries without USAS registration numbers, a check for entry fees, and a signed liability release and recap sheet will not be accepted. MAIL TO ENTRY CHAIRPERSON AT ADDRESS LISTED BELOW.

Make checks payable to: NASHVILLE AQUATIC CLUB.

Meet Director:

Gweyn Colaberdino
gweync@comcast.net
(615) 599-9982

Entry Chairperson

Cindy Davis
1205 Cornerstone Court
Nashville, TN 37221
entry@swimnac.com
615-618-4873

Meet Referee

Larry Alexander
larrydalexander@aol.com

LATE ENTRIES:

Late 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 entry cards for late entries at the meet. Accepted late entries will be charged \$7.00 per individual event and \$12.00 per relay.

SCRATCHES:

The USAS Scratch Rule article 207.7.9 D and E will be followed. Swimmers qualifying for finals and consolation finals must notify the Clerk of Course within 30 minutes of the announcement of qualifiers for that event if they do not intend to compete.

SCORING:

10-U and 11-12 Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

13-14 and Senior Individual Events:

A Final Heat: 20-17-16-15-14-13-12-11
B Final Heat: 9-7-6-5-4-3-2-1

Relay Events: 40-34-32-30-28-26-24-22

AWARDS:

Awards will be given for 1st – 8th place for individual events and 1st – 3rd place for relays.



MEETINGS:

Coaches will meet at 8:45am Friday, December 4 in the Hospitality Room. Timers will meet 20 minutes prior to each session. Officials will meet at 7:30am and 30 minutes prior to Finals sessions.

SAFETY:

Coaches, swimmers and spectators are asked to observe all posted pool rules and conduct themselves in a safe and prudent manner. Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect.

SPORTSPLEX RULES:

NO FOOD OR DRINK IS ALLOWED IN THE POOL AREA.

NO COOLERS ARE ALLOWED IN THE LOBBY OR POOL AREA.

CONSESSIONS AND SWIM ITEMS WILL BE AVAILABLE FOR SALE.

EVALUATION:

Complaints or specific problems not resolved during the meet or to your satisfaction should be communicated in writing immediately to John Woods, General Chair of Southeastern Swimming at flipper@gps.edu.



**ORDER OF EVENTS
FRIDAY DECEMBER 4**

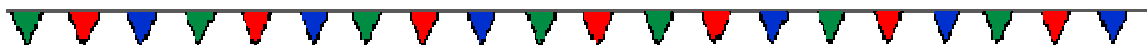
WARM-UPS: 7:15am & 8:00am

COMPETITION: 9:00am

WOMEN	EVENT	MEN
#1	10-U 100 FREE	#2
#3	11-12 100 FREE	#4
#5	13-14 200 FREE	#6
#7	SENIOR 200 FREE	#8
#9	10-U 50 BREAST	#10
#11	11-12 50 BREAST	#12
#13	13-14 100 BREAST	#14
#15	SENIOR 100 BREAST	#16
#17	10-U 100 BACK	#18
#19	11-12 100 BACK	#20
#21	13-14 200 BACK	#22
#23	SENIOR 200 BACK	#24
#25	10-U 200 IM	#26
#27	11-12 200 IM	#28
#29@	13-14 400 IM	#30@
#31@	SENIOR 400 IM	#32@
#33	10-U 200 FREE RELAY	#34
#35 *	11-12 200 FREE RELAY	#36 *
#37 *	13-14 400 FREE RELAY	#38 *
#39 *	SENIOR 400 FREE RELAY	#40 *

@ Deck-seeded Prelims. Swimmers must sign-in with Clerk of Course for deck-seeded events prior to conclusion of the 2nd warm-up session the day of competition. If a swimmer is not checked in with Clerk of Course, the swimmer is legally scratched from the event.

* 11-12, 13-14 and Senior relay heats will swim in Finals.



**ORDER OF EVENTS
SATURDAY DECEMBER 5**

WARM-UP: 7:15am & 8:00am

COMPETITION: 9:00am

WOMEN	EVENT	MEN
#41	10-U 100 FLY	#42
#43	11-12 100 FLY	#44
#45	13-14 200 FLY	#46
#47	SENIOR 200 FLY	#48
#49	10-U 50 FREE	#50
#51	11-12 50 FREE	#52
#53	13-14 50 FREE	#54
#55	SENIOR 50 FREE	#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 **	11-12 500 FREE	#66 **
#67 @	13-14 500 FREE	#68 @
#69 @	SENIOR 500 FREE	#70 @
#71	10-U 200 MEDLEY RELAY	#72
#73 *	11-12 200 MEDLEY RELAY	#74 *
#75 *	13-14 400 MEDLEY RELAY	#76 *
#77 *	SENIOR 400 MEDLEY RELAY	#78 *

@ Deck-seeded Prelims. Swimmers must sign-in with Clerk of Course for deck-seeded events prior to conclusion of the 2nd warm-up session the day of competition. If a swimmer is not checked in with Clerk of Course, the swimmer is legally scratched from the event.

* 11-12, 13-14 and Senior relay heats will swim in Finals.

** 11-12 500 Freestyle will be swum as Timed Finals. Fastest heat of each gender will be swum at night. Remaining heats will be swum fastest to slowest during prelims.



**ORDER OF EVENTS
SUNDAY DECEMBER 6**

WARM-UP: 7:15am & 8:00 am

COMPETITION: 9:00am

WOMEN	EVENT	MEN
#79 @%&	SENIOR 1650 FREE	#80 @%&
#79 @%&	13-14 1650 FREE	#80 @%&
#81	10-U 50 BACK	#82
#83	11-12 50 BACK	#84
#85	13-14 100 BACK	#86
#87	SENIOR 100 BACK	#88
#88	10-U 200 FREE	#90
#91	11-12 200 FREE	#92
#93	13-14 100 FREE	#94
#95	SENIOR 100 FREE	#96
#97	10-U 100 BREAST	#98
#99	11-12 100 BREAST	#100
#101	13-14 200 BREAST	#102
#103	SENIOR 200 BREAST	#104
#105	10-U 50 FLY	#106
#107	11-12 50 FLY	#108
#109	13-14 100 FLY	#110
#111	SENIOR 100 FLY	#112

@ Deck-seeded Prelims. Swum fastest to slowest. Swimmers must sign-in with Clerk of Course prior to conclusion of the 2nd warm-up session the day of competition. If a swimmer is not checked in with Clerk of Course, the swimmer is legally scratched from the event.

% 13-14 and Senior events will be swum together, scored separately.

& *This program shows the order of events for Finals. During Prelims, the 1650 Free (events 85 & 86) will be swum after events 111/112.*





**NASHVILLE
AQUATIC
CLUB**



**2009 NIKE SWIM
Music City Invitational
Time Standards**

Men

Women

10&U	11-12	13-14	Senior	EVENT	Senior	13-14	11-12	10&U
35.59	30.09	25.69	23.39	50 Free	26.09	26.79	29.79	35.59
1:19.99	1:03.99	55.69	50.69	100 Free	56.09	58.09	1:03.09	1:19.99
2:50.89	2:23.89	2:00.59	1:50.19	200 Free	1:59.79	2:04.99	2:20.19	2:50.89
-	6:24.19	5:30.09	5:07.29	500 Free	5:25.99	5:39.79	6:09.29	-
-	-	18:30.99	18:30.99	1650 Free	18:45.99	18:45.99	-	-
43.89	35.29	-	-	50 Back	-	-	34.29	43.89
1:32.49	1:17.09	1:04.59	58.09	100 Back	1:04.39	1:06.79	1:14.89	1:32.49
-	-	2:20.79	2:06.89	200 Back	2:18.99	2:22.99	-	-
48.19	39.29	-	-	50 Breast	-	-	37.99	48.19
1:44.79	1:26.69	1:13.99	1:07.09	100 Breast	1:13.99	1:15.19	1:22.19	1:44.79
-	-	2:43.89	2:27.49	200 Breast	2:41.19	2:43.49	-	-
41.99	33.59	-	-	50 Fly	-	-	32.69	41.99
1:40.59	1:15.69	1:03.49	56.69	100 Fly	1:02.39	1:05.69	1:13.59	1:40.59
-	-	2:34.59	2:09.79	200 Fly	2:22.89	2:29.49	-	-
1:31.39	1:15.29	-	-	100 IM	-	-	1:14.09	1:31.39
3:18.09	2:43.49	2:18.49	2:05.29	200 IM	2:17.89	2:22.29	2:38.59	3:18.09
-	-	5:01.79	4:37.99	400 IM	4:56.09	5:05.29	-	-

**NASHVILLE AQUATIC CLUB
NIKE MUSIC CITY INVITATIONAL**



December 4 – 6 2009

Club _____ Initials _____

Address _____

Entry Contact _____ Phone _____

Email _____

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. Metro Parks and Recreation, Nashville Aquatic Club, 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.

Signature of coach or club official _____

Date: _____

Title: _____

COACHES ATTENDING THE MEET:

CERTIFIED OFFICIALS WISHING TO WORK THE MEET:

Name	Position	Sessions
_____	_____	_____
_____	_____	_____
_____	_____	_____

ENTRY RECAP:

Swimmers Entered _____ @ \$3.00 EACH IN LSC _____

Swimmers Entered _____ @ \$5.00 EACH OUT OF LSC _____

Individual Events Entered _____ @ \$6.00 EACH _____

Relay Events Entered _____ @ \$12.00 EACH _____

TOTAL DUE NASHVILLE AQUATIC CLUB \$ _____

PLEASE BE PREPARED WITH PROOF OF USAS NUMBERS FOR ALL SWIMMERS



Southeastern Swimming Information Form for Disabled Swimmers

Name: _____ **Age:** _____ **Date of Birth:** _____

Address: _____ **Phone number:** _____

Events Entered:

Event	No.	Event	No.	Event	No.	Event	No.

Type of disability (describe): _____

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 persons will accompany the swimmer for any needed assistance:

Seizures? Yes _____ No _____

Are you on medication? Yes _____ No _____

Type of Medication	Dose

Parent or Guardian's Name: _____ **Phone No.:** _____

Parent or Guardian's Signature: _____

Athlete's Signature: _____

Physician's Name: _____ **Phone No.:** _____

Physician's Address: _____

I have examined the above entrant and, in my opinion, there is no mental or physical reason why he or she should not participate in USA Swimming competition.

Physicians Signature: _____ **Date:** _____



	EVENT NAME	NO.	BEST TIME	EVENT NAME	NO.	BEST TIME
NAME OF SWIMMER:						
USS REGISTRATION NO.:						
DATE OF BIRTH:	SEX:					
NAME OF SWIMMER:						
USS REGISTRATION NO.:						
DATE OF BIRTH:	SEX:					
NAME OF SWIMMER:						
USS REGISTRATION NO.:						
DATE OF BIRTH:	SEX:					
NAME OF SWIMMER:						
USS REGISTRATION NO.:						
DATE OF BIRTH:	SEX:					

2009 MUSIC CITY INVITATIONAL Times should be in SHORT COURSE YARDS
Please duplicate as needed



