



Nashville Aquatic Club
Long Course Mini-Champs
Sunday, July 9th 2017

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming. USA Swimming technical rules and regulations will be followed with the exception of items specifically addressed in the meet information Sanctioned by Southeastern Swimming, Inc. Held under the sanction of USA Swimming and Southeastern Swimming, Inc

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SANCTION NUMBER: 17SENAC7-9

SANCTION NUMBER FOR TIME TRIAL: 17SENAC7-9TT

HOST CLUB: Nashville Aquatic Club

LOCATION: Tracy Caulkins Competition Pool at Centennial Sportsplex
222 25th Avenue North Nashville, TN 37203 - (615) 321-3510

FACILITY: Centennial Sportsplex offers an 8-Lane, 50-Meter competition pool with a 6-Lane 25-yard warm-down pool, with a 7-foot minimum depth, non-turbulent lane lines, a fully automatic electronic timing system, and a scoreboard with lane/time/place display. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. 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.

WARM UP: Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect.

Meet Warm-up: 12:00 pm
Meet Start Time: 12:45 pm

OFFICIALS: Meet Director: **Corbett Gibson** MeetDirector@SwimNAC.com
Meet Referee: **Tara Todd** MeetRef@SwimNAC.com
Admin Official: **Kristen Selph** AdminOfficial@SwimNAC.com

BULLPEN: There will be a BullPen on deck where all 8 & Under swimmers should report before their individual events.

DISABILITIES: Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers. The form must be returned with the individual's meet entries.

ENTRIES: Entries will be HYTEK's Meet/Team Manager files submitted via e-mail. Entries from individual athletes will not be accepted. All entries must come from a coach associated with each club, and the use of a HyTek entry file is strongly encouraged.

- All events are Timed Finals
- Late entries will be accepted for available lane space, on a first come first serve basis pending lane availability. No new heats will be added. Coaches must see clerk of course at the meet to request all late entries and changes. Entry fee for added or changed events is due to clerk of course upon acceptance of entry.
- **Positive Check-In:** For the 400 Free & 400 IM swimmers must sign-in with Clerk of Course prior to the start of the session. If a swimmer is not checked in with Clerk of Course, the swimmer is legally scratched from the event.

ENTRY DEADLINE: Meet Entries will be accepted until 6pm on Tuesday, June 27th 2017. Email entry file to the following email address prior to the entry deadline - Entry@swimnac.com.

| | | |
|---------------------|-----------------------------|----------------------------|
| <u>FEES:</u> | Individual Events | \$6.00 per event |
| | SES Surcharge | \$3.00 per swimmer |
| | Out of LSC Surcharge | \$5.00 per swimmer |
| | Facility Surcharge | \$12.00 per swimmer |

****Make Checks out to: Nashville Aquatic Club and mail to: PO BOX 128318, NASHVILLE, TN 37212**

LIMITS: 8 & Under swimmers are limited to 4 (four) individual events and 9 & Over swimmers are limited to 3 (three) individual events.

AWARDS: Ribbons will be awarded for 1st – 8th place for 8 & Under events only.

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 facility personnel.
- Only Swimmers, Coaches and Meet Personnel shall be permitted on the pool deck at any time.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas 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:

- The Meet Director reserves the right to combine heats and/or events in order to facilitate the conduct of the meet. The Meet Director reserves the right to limit any event in order to run the meet within the time allocated.
- 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.
- 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.

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 team, but they also strive to better serve our out of town participants and spectators. Often times 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 when making plans to attend a NAC swim meet.

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

Phillip A. Kraus
Southeastern Swimming
PO Box 30318
Pensacola, FL 32504
Ses.general.chair@gmail.com

ORDER OF EVENTS
SUNDAY, JULY 9, 2017

WARM UPS: 12:00 PM
COMPETITION: 12:45 PM

| <u>Women's Events</u> | <u>Event</u> | <u>Men's Events</u> |
|-----------------------|-----------------|---------------------|
| 1 | 12&U 100 Free | 2 |
| 3 | Open 200 Free | 4 |
| 5 | 12&U 200 IM | 6 |
| 7 | Open 200 IM | 8 |
| 9 | 8&U 50 Free | 10 |
| 11 | 9-12 50 Free | 12 |
| 13 | Open 200 Breast | 14 |
| 15 | Open 100 Back | 16 |
| 17 | 8&U 50 Breast | 18 |
| 19 | 9-12 50 Breast | 20 |
| 21 | Open 200 Back | 22 |
| 23 | Open 100 Fly | 24 |
| 25 | 8&U 50 Back | 26 |
| 27 | 9-12 50 Back | 28 |
| 29 | Open 200 Fly | 30 |
| 31 | Open 100 Free | 32 |
| 33 | 8&U 50 Fly | 34 |
| 35 | 9-12 50 Fly | 36 |
| 37 | Open 50 Free | 38 |
| 39 | Open 100 Breast | 40 |
| 41 | 12&U 200 Free | 42 |
| 43 | Open 400 Free | 44 |
| 45 | Open 400 IM | 46 |

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: MeetDirector@SwimNAC.com

Meet Referee Email: MeetRef@SwimNAC.com

Disability Chair: robin@seastarsaquatic.org

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 under signed 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.

NAME (PRINTED): _____

CLUB: _____

TITLE: _____

MOBLIE PHONE: _____

EMAIL: _____

X _____
SIGNATURE OF COACH OR CLUB OFFICIAL **DATE**