

SOUTHEASTERN SWIMMING, INC.
2014 DISTRICT EAST CHAMPIONSHIPS
8 and Under Championships
February 22-23, 2014

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.

Sanctioned by Southeastern Swimming, Inc.

SANCTION #14SEBAY2-22

Time Trial Sanction #: – 14SEBAY2-22TT

HOSTED BY: Baylor Swim Club

LOCATION: The Baylor School, 171 Baylor School Rd, Chattanooga, Tn 37405

PARKING: Officials will be at the entrance to direct you to parking areas. All spaces are open for you to park in.

OFFICIALS: Meet Referee: Larry Alexander - larrydalexander@aol.com
Administrative Official - Steve Karman - Steve-Karman@utc.edu
Entry Chairperson: Laura Pitman - meets@baylorswimming.org

FACILITIES and TIMING: Indoor, 22-lane, 50 meter, 7' deep in the shallow end, 13' deep in diving well end, Non-turbulent lane ropes. There is seating for 700 in stadium. 2- Women's and 2- Men's locker rooms and restroom facilities are available. Additional area for seating will be in the Gymnasium adjacent to pool and on the pool deck.

The competition course has not been certified in accordance with USA Swimming Rules 104.2.2C(4).

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms

Continuous warm-up/warm-down is available in two lanes between the bulkheads. Coaches are asked to help direct their swimmers to comply with this requirement. The meet will be run in one course for the morning sessions and the afternoon sessions will be run in two courses.

The Meet Director and Referee reserve the right to alter the course.

RULES and SAFETY: Current USA Swimming and Southeastern Swimming rules will govern the conduct of the meet unless otherwise noted herein.

-In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool rules and conduct themselves in a safe manner. Nobody will be allowed to climb on the diving boards for any reason. All swimmers are asked to remain in the gym area until reporting for their races. Parents will not be allowed to "camp out in the stands". Any questions or concerns should be reported to the Meet Director through the office of the Clerk of Course which is located at deck level between the locker rooms.

ONLY MEET WORKERS, COACHES, OFFICIALS AND SWIMMERS WILL BE ALLOWED ON THE POOL DECK AREA BEHIND THE STARTING BLOCKS. Coaches are asked to help control the crowded pool deck by asking the parents of their swimmers to stay away from the starting block area of the pool. Swimmers are to be encouraged by their coaches and parents to remain in the spectator area until their events.

ELIGIBILITY: All participants must be USA Swimming registered athletes in the **Eastern** District of the Southeastern Swimming LSC. Entries will not be **accepted without current registration** numbers. A swimmer's age on the first day of the meet will determine his or her age for the entire meet.

Any swimmer that ages up between the District Meet (Feb 22 –Feb 23) and the Southeastern Championship Meet, that swimmer will be allowed to swim in his current (ie: lower) age-group at the District Meet even if he has made a Southeastern time standard in an event. However, he will only be eligible for the “qualifier” award presented at the District Meet.

SWIMMERS WITH DISABILITIES: Swimmers with disabilities are welcome and are encouraged to complete the Information Form for Disabled Swimmers and return it with the entries. It is the responsibility of the coaches or swimmers to contact the Meet Referee with specific request.

WARM UP: Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet. The Meet Director will post and announce the warm-up assignments prior to the start of the meet warm-up. Alternatively, warm-ups will be conducted as open warm-ups with dedicated pace and sprint lanes announced as the need occurs. 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 unless their coach has submitted a Swimmer Assignment form prior to the meet.

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.

STARTING TIMES:	<u>Warm-up</u>	<u>Competition</u>
<u>ALL TIMES ARE EST</u>		
Saturday:	9:00-9:45 AM	10:00 AM
Sunday:	8:00-8:45 AM	9:00 AM

ENTRIES:

Swimmers may enter up to four (4) individual events per day, excluding time trials. Entry times should be in Short Course Yards (SCY). The required method of entry is e-mail. Teams must submit their entry in a zipped file via email. A printed (PDF) 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.

In the event that there are not enough entries to justify a two-session meet, the meet director reserves the right to create a one session meet on both Saturday and Sunday. Your team will be notified if there is a change in the sessions. (can't change order of events)

The host team reserves the right to adjust pool designations for age groups or genders in order to run the meet more smoothly.

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.

All teams are asked to completely fill out the enclosed Team Information Form, including the names and contact numbers for all registered officials affiliated with the team that are willing to serve as a meet official during the weekend. If these delivery methods are not available, the completed forms should be submitted by physical mail for prompt delivery.

FEES: \$5.00 per individual event, \$12.00 per relay; \$3.00 per swimmer SES surcharge.
Facility Fee: \$8.00 per swimmer
Late fees: \$6.00 per individual event, \$14.00 per relay.
Time Trial: \$10.00

Please make checks payable to: Baylor Swim Club. All entry fees are nonrefundable.

DEADLINE: *Please note that it is the hostclubs intention to strictly adhere to the following meet entry deadlines.* Email entries and/or printouts, summary/release sheets, and entry fees including surcharges must be received by the Meet Director on or before Tuesday February 11, 2014. **Late entries** will be accepted for available lanes only until Sunday February 16, 2014, until 8:00 AM. No new heats will be formed. *Coaches are asked to strictly adhere to these deadlines which are necessary in order for all pre-meet activities to be completed by volunteer workers in a timely and efficient manner.*

Completed entries should be submitted by e-mail, fax, overnight delivery or U.S. mail to:

Laura Pitman Meet Entries Chair
171 Baylor School Rd
Chattanooga, Tn 37405
Telephone: 423-267-8506 x 267
meets@baylorswimming.org

(please include the words "District Championships" in the subject line of all meet related e-mail)

TIME TRIALS: Time Trials shall be held at the conclusion of any session, time permitting, at the coach's request. Time Trials are intended only for swimmers attempting to qualify for National Championships, Sectional Meets, or LSC Championship meets. Athletes whose entry times do not closely approach these time standards may be denied entry into time trials. Athletes may enter as many time trial events as desired as long as they do not exceed 5 events per day limit. Fees: \$10.00 per individual event; \$10.00 per relay. Sign-up deadlines will be announced during the meet. A swimmer may not exceed the USA swimming daily event limit of 5 individual events.

MEET FORMAT: This is a timed finals meet. This meet will serve as the Southeastern Swimming Championship for 8 & Under swimmers. All swimmers except those entered in the 8 & Under age group events **must have times slower than the 2013-2014 Southeastern Championship Qualifying Time** in entered events.

All events will be pre-seeded except the 500 Free, 1650 Free, 400 IM and all relays, which will be deck-seeded. Swimmers must sign-in with the Clerk of Course for all deck-seeded events.

Relay cards will be included in the coach's packet for each team and must be filled out and returned to the Clerk of the Course by 10:00 am on the day of the relay event.

Sign-in deadlines are 8:30 am on the day of the event. If the swimmer is not checked in with the Clerk of Course, the swimmer is legally scratched from the event. Only the swimmer or his/her coach may sign in for deck-seeded events.

If a swimmer ages up between the District Meet (Feb 22 –Feb 23) and the Southeastern Championship Meet, that swimmer will be allowed to swim in his current (ie: lower) age-group at the District Meet even if he has made a Southeastern time standard in an event. However, he will only be eligible for the "qualifier" award presented at the District Meet.

SCORING: 8 & Under individual events first through eighth places: 9-7-6-5-4-3-2-1.

8 & Under relay events first through eighth places: 18-14-12-10-8-6-4-2.

AWARDS: 8 & Unders: Individual –medals 1st-8th & Relay-medals 1st-4th. Trophies will be awarded for Individual High Point and Runner up (Male and Female). Team Trophy will be awarded to the top team in both men's and women's category.

9 & over's: Individual-ribbons 1st-8th & Relay-ribbons 1st-4th. In lieu of placement, Standard Breaker ribbons will be given to 9 & older swimmers who achieve a 2013-2014 Southeastern Championship qualifying time in an entered event.

All awards are provided by Southeastern Swimming, Inc.

CLERK OF COURSE: The host club reserves the right to assign 8 & Under and 10 & Under events to the Clerk of the Course

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.

OFFICIALS' CORNER: The Meet Referee is asking all officials who are available to serve at this meet to notify him by email of their availability. Please let him know which day(s) you can help and which pool you would like to work. This information should be sent to Larry Alexander via email to larrydalexander@aol.com.

COACHES' CORNER: When picking up the team's packet, coaches are asked to show valid coaches card. No Coaches will be allowed on the pool deck without providing current USA Swimming Registration Card indicating full Coaching privilege.

Coaches are asked to ensure that the Clerk of the Course has a completed Team Information sheet with the lead deck coach's cell phone number listed.

A coaches' meeting will be held at 9:45 am on Saturday morning in the hospitality area across the hall from the main office. No swimmers will be allowed in the pool during this time. Competition will not start until after the conclusion of the coaches meeting.

Coaches expecting to have swimmers participating in a session that the coach will not be attending are asked to complete a Swimmer Assignment form in advance of the session and send it to the Meet Referee and Meet Director by email.

Coaches with swimmers achieving SE Championship Time Standards at the District Championships are reminded that they must submit qualifying entries to the Southeastern Championships Meet by fax or email no later than **6:00 PM CT, Monday, February 24, 2014. Entry information is on the SES Championship Meet Information on the web page.**

SPECTATORS' CORNER: The Baylor School Aquatic Center has limited deck space therefore spectators are required to view races from the stands. Spectators must comply with all signs or verbal directions from school and meet officials limiting or restricting the use of certain areas for seating. **PERSONAL CHAIRS and coolers ARE NOT ALLOWED in the stands of the aquatic center.** Seating by spectators or athletes is not allowed on the deck. The gym area has plenty of space for chairs, blankets etc. all swimmers are asked to stay in the gym area when not racing. "Camping out" in the stands and saving seats will not be allowed.

HOSPITALITY: There will be a hospitality area available for coaches, meet workers and officials only.

CONCESSIONS, ETC.: There will be concessions available in the gym. Heat sheets ,T-shirts and swimming gear will be on sale in the lobby area of the pool

RECYCLING: Baylor Swim Club supports the recycling program of The Baylor School. Please look for recycling bins in which to place your cans and bottles in.

MEET EVALUATIONS:

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

General Chairman: Matt Webber
coachmatt@swimhsa.org
PO Box 1102
Huntsville, AL 35807

The following forms are attached as an integral part of this meet invitation and are required for entry processing:

SES Waiver, Acknowledgment and Liability Release Form
Team Information Form and Summary of Fees
SES Consolidated Entry Form (duplicate as needed)
SES Information Form for Disabled Swimmers (duplicate as needed)
Unaccompanied Swimmer Coaching Assignment Form

**SOUTHEASTERN SHORT COURSE DISTRICTS SOUTH
8 & Under SWIMMING CHAMPIONSHIPS,
Two Pool Operation or change to session 1 to AM and session 2 to PM
Saturday February 22, 2014
Warm-up 9:00 AM Competition starts 10:00 AM**

SESSION 1 Suntrust Course

ENTRY TIMES MUST BE SLOWER THAN SES Qualifying times listed on page .

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1	10 & U 200 Freestyle	2
3	8 & U 100 Freestyle	4
5	10 & U 50 Backstroke	6
7	8 & U 25 Backstroke	8
9	10 & U 100 Fly	10
11	8 & U 50 Fly	12
13	10 & U 100 Breaststroke	14
15	8 & U 50 Breaststroke	16
17	10 & U 50 Freestyle	18
19	8 & U 25 Freestyle	20
21	10 & U 100 IM	22
23	8 & U 100 Free Relay	24
25	10 & U 200 Free Relay	26
27	0 & U 500 Freestyle	28

SESSION 2- Session will not start before 11:30 AM

Boys will be in Chattem Course, Girls will be in Suntrust Course

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
29	11-12 200 Freestyle	30
31	13-14 200 Freestyle	32
33	Senior 200 Freestyle	34
35	11-12 50 Backstroke	36
37	13-14 100 Backstroke	38
39	Senior 100 Backstroke	40
41	11-12 100 Breaststroke	42
43	13-14 200 Breaststroke	44
45	Senior 200 Breaststroke	46
47	11-12 50 Butterfly	48
49	13-14 100 Butterfly	50
51	Senior 100 Butterfly	52
53	11-12 100 IM	54
55	13-14 200 IM	56
57	Senior 200 IM	58
59	11-12 200 Free Relay	60
61	13-14 400 Free Relay	62
63	Senior 400 Free Relay	64
65	11-12 500 Freestyle	66
67	13-14 500 Freestyle	68
69	Senior 500 Freestyle	70

*The Meet Referee and the Meet Director reserve the right to adjust course designations for individual events if necessary to make the meet run more efficiently.

Sunday February 23, 2014
Warm-up 8:00 Competition starts 9:00 AM

SESSION 3 Suntrust Course
ENTRY TIMES MUST BE SLOWER THAN TIMES LISTED

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
71	8 & U 100 IM	72
73	10 & U 200 IM	74
75	8 & U 25 Breaststroke	76
77	10 & U 50 Breaststroke	78
79	8 & U 25 Fly	80
81	10 & U 50 Fly	82
83	8 & U 50 Freestyle	84
85	10 & U 100 Freestyle	86
87	8 & U 50 Backstroke	88
89	10 & U 100 Backstroke	90
91	8 & U 100 Medley Relay	92
93	10 & U 200 Medley Relay	94

SESSION 4 not before 11:30 AM Girls will be in Chattem Course and Boys will be in Suntrust Course

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
95	11-12 200 IM	96
97	13-14 400 IM	98
99	Senior 400 IM	100
101	11-12 50 Freestyle	102
103	13-14 50 Freestyle	104
105	Senior 50 Freestyle	106
107	11-12 100 Fly	108
109	13-14 200 Fly	110
111	Senior 200 Fly	112
113	11-12 50 Breaststroke	114
115	13-14 100 Breaststroke	116
117	Senior 100 Breaststroke	118
119	11-12 100 Backstroke	120
121	13-14 200 Backstroke	122
123	Senior 200 Backstroke	124
125	11-12 100 Freestyle	126
127	13-14 100 Freestyle	128
129	Senior 100 Freestyle	130
131	11-12 200 Medley Relay	132
133	13-14 400 Medley Relay	134
135	Senior 400 Medley Relay	136
137	13-14 1650 Freestyle	138
139	Senior 1650 Freestyle	140

*The Meet Referee and the Meet Director reserve the right to adjust course designations for individual events if necessary to make the meet run more efficiently.

2013 – 14 SOUTHEASTERNS SWIMMING CHAMPIONSHIP TIME STANDARDS

10 & U	11-12	13-14	Senior	Event	Senior	13-14	11-12	10 & U
FREESTYLE								
:32.39	:28.09	:24.79	:22.79	50	:25.79	:26.49	:27.89	:31.79
1:12.09	1:02.29	:54.39	:49.89	100	:55.89	:57.19	1:00.29	1:10.79
2:38.29	2:16.89	1:59.29	1:48.49	200	1:59.09	2:03.89	2:11.49	2:36.89
6:54.69	5:58.99	5:18.39	4:53.09	500	5:23.99	5:34.29	5:49.19	6:49.19
	13:19.39	11:29.79	10:37.29	1000	1:10.79	11:29.99	12:25.69	
		19:29.49	17:37.39	1650	9:48.19	20:01.49		
BACKSTROKE								
38:49	33.09			50			:32.49	:37.49
1:22.79	1:11.99	1:03.59	:56.49	100	1:02.39	1:05.19	1:09.69	1:20.99
		2:16.69	2:02.29	200	2:16.69	2:20.79		
BREASTSTROKE								
44:39	37.79			50			:35.99	:42.99
1:38.29	1:23.59	1:11.49	1:04.19	100	1:11.89	1:15.69	1:19.29	1:34.19
		2:37.59	2:21.89	200	2:36.29	2:43.49		
BUTTERFLY								
37.59	31.29			50			:30.49	:36.59
1:31.09	1:11.39	1:02.99	:54.89	100	1:01.49	1:04.59	1:09.29	1:27.09
		2:27.49	2:03.49	200	2:16.89	2:29.99		
INDIVIDUAL MEDLEY								
1:22.19	1:11.59			100			1:09.19	1:21.29
3:00.89	2:33.99	2:15.89	2:03.09	200	2:16.89	2:21.09	2:28.99	2:59.39
		4:48.59	4:23.49	400	4:47.69	5:02.99		

2014 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 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.

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 Baylor School, Baylor Swim 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:	
CLUB:	
TITLE:	DATE:

TEAM INFORMATION

CLUB NAME:	INITIALS:
ADDRESS:	
LSC:	HEAD COACH:
CONTACT PERSON:	PHONE NUMBER:

FAX NUMBER:	CELL PHONE:	EMAIL:
COACHES ATTENDING:	NAME	COACHES CARD EXPIRATION DATE
	1.	
	2.	
CERTIFIED OFFICIALS WHO MAY WISH TO WORK:	3.	
	1.	
	2.	
	3.	
NUMBER OF SWIMMERS ENTERED:	ATTACHED:	
	UNATTACHED:	
	TOTAL:	

SUMMARY OF FEES

NUMBER OF SWIMMERS:		X \$3.00 SES SURCHARGE =	
NUMBER OF SWIMMERS:		X \$8.00 FACILITY CHARGE =	
NUMBER OF IND. EVENTS:		X \$5.00 PER EVENT ENTRY FEE =	
NUMBER OF RELAYS:		X \$12.00 PER RELAY ENTRY FEE =	
TOTAL DUE:			

CONSOLIDATED ENTRY FORM

Times should be in **SHORT COURSE YARDS**

Please duplicate as needed

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

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: Laura Pitman (meets@baylorswimming.org)

Meet Referee Email: Larry Alexander (larrydalexander@aol.com)

Disability Chair Email: wsmalleyses@hotmail.com

UNACCOMPANIED SWIMMER COACHING ASSIGNMENT FORM

Name of Meet: _____

Date(s): _____

The following swimmers from _____ (swimmer's team) will not be accompanied by a team coach and therefore I request that the Meet Referee/Meet Director assign them to a coach for all purposes during the meet sessions on the dates noted above. Each of the swimmers listed below are certified as proficient in performing a racing start unless specifically noted otherwise (non-certified swimmers must start each race from within the water).

Coach's Signature

Date

Swimmer Name(s):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I agree to act as coach for the above named swimmer(s) during the pre-meet practice, warm-up and the competition.

Assigned Coach's Signature

Date

Assigned Coach's Team Name