



**SOUTHEASTERN SWIMMING CHAMPIONSHIPS
LONG COURSE METERS
JULY 21-24, 2016
CENTENNIAL SPORTSPLEX
(NASHVILLE, TN)
WILLIAMSON COUNTY INDOOR SPORTS COMPLEX
(BRENTWOOD, TN)**

SES SANCTION NO: 16SENAC7-21

TIME TRIAL NO: 16SENAC7-21TT

HOST CLUB: Nashville Aquatic Club & Excel Aquatics
DATES OF MEET: July 21-24, 2016
ENTRY DEADLINE: OME will close Tuesday July 12, 2016 at 11:59pm CST

MEET REFEREE:	(Sportsplex)	Lee Patrick	meetref@swimnac.com
	(WCISC)	Clay Minatra	clayminatra@gmail.com
ADMIN REFEREE:	(Sportsplex)	Tara Todd	tara.todd@vanderbilt.edu
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MEET DIRECTOR:	(Sportsplex)	Shannon Knight-Cook	meetdirector@swimnac.com
	(WCISC)	Lori Biller	tlbiller@comcast.net
ADMIN OFFICIAL:	(Sportsplex)	Kristy Oldham	adminofficial@swimnac.com
	(WCISC)	Adam Engle	adam.engle@randasolutions.com
ENTRY CHAIR:		Chelsea Fourakre	entry@swimnac.com

FACILITIES:

Centennial Sportsplex (222 25th Ave. N Nashville, TN 37203) - Indoor 50 meter pool, offering 8 lanes for long course competition, with pool depth a minimum of 7 feet. Automatic timing will be provided by Colorado Timing System with HYTEK interface. Manual back up will be used. An 8-lane scoreboard will be available. The competition course has been certified in accordance with 104.2.2C(4).

Williamson County Indoor Sports Complex (920 Heritage Way Brentwood, TN 37027) - Indoor 50 meter pool, offering 8 lanes for long course competition, with pool depth a minimum of 7 feet. Automatic timing will be provided by Daktronics Timing System with HYTEK interface. Manual back up will be used. An 8-lane scoreboard will be available. The competition course has been certified in accordance with 104.2.2C(4).

ELIGIBILITY:

Age groups are: 10&U, 11-12, 13-14, and Senior. Age on the first day of the meet determines the age group for the entire meet. All swimmers shall be registered with Southeastern Swimming through United States Swimming, Inc. There will be NO on-deck USA Swimming Registration available at the meet. A Southeastern-affiliated swimmer may compete as a member of a relay team whether or not they qualify for any individual events.

QUALIFYING TIMES:

The 2015-2016 Southeastern Age Group Short Course Yards and Long Course Meters Time Standards will be used as qualifying times for all individual events. There will be no time standards for relays. Qualifying times must have been achieved by the entry deadline. Faster times achieved following the deadline will not be accepted in place of times already entered.

BONUS SWIMS:

Bonus entries are permitted if a swimmer has at least one 2015-2016 Southeastern Swimming Qualifying Time. A swimmer with one qualifying time may swim up to two (2) bonus swims in which the swimmer has achieved the 2015-2016 Bonus Standard; two qualifying times, two (2) bonus swims; three qualifying times, two (2) bonus swims, etc..

Please note the following exceptions to rules regarding Bonus Swims:

- 1) No Bonus Swims will be allowed in events 400 meters and longer
- 2) The 13-14 Age Group and Open Age Group 50 meter Backstroke, 50 meter Breaststroke, and 50 meter Butterfly events shall have no Bonus Standard and are open as Bonus events regardless of time provided a swimmer has not exceeded the maximum number of entries or Bonus Swims.

TIME TRIALS:

Time Trials will be held at the conclusion of any preliminary or final session at a coach's or swimmer's request, and the Meet Referee's concurrence. Time Trials are intended only for swimmers attempting to qualify for National Level Meets or Sectional Meets. Fees: \$10.00 per individual event; \$10.00 per relay.

WARMUP AND COMPETITION TIMES:

Thursday Timed Finals – 3:30-4:45PM / Competition 5:00PM

13&Over Prelims (Friday, Saturday, Sunday) – Warmup 7:15-8:45AM / Competition 9:00AM

11-12 Prelims and 10&U Timed Finals (Friday, Saturday, Sunday) – Warmup 7:15-8:45AM / Competition 9:00AM

11&Over Finals (Friday, Saturday, Sunday) - Warmup 3:45-4:45PM / Competition 5:00PM

ENTRY INFORMATION & MEET FORMAT

TEAM ENTRY:

All entries must be completed through the USA Swimming OME system. This shall be the only accepted way to enter this meet. OME will be open for entries beginning Monday June 13, 2016, and close at 11:59pm CST on Tuesday July 12, 2016. NOTE: Please wait until your athletes have exhausted all of their chances to qualify or improve seed times to finalize your entry and check out. The OME system does not allow for swimmers to change or delete a bonus swim once you check out of OME.

ENTRY LIMITS:

A swimmer may enter and swim **three (3)** individual events per day and no more than **six (6)** individual events in the meet. Once the Psych sheet is posted, a swimmer entered in the maximum number of events may not scratch one event to enter another event, except in cases involving a mistaken entry in the wrong age group that may be corrected by the Meet Referee. Time Trial events count as one of the three events allowed on a given day, but do not count as one of the six individual events in the meet. Relay times should be listed for each entered relay. All potential relay participants must be entered in the meet by Friday July 22, 2016 at 9:00 AM.

LATE ENTRIES:

Late entries are for first time qualifiers who achieved the qualifying times after the entry deadline or are updating bonus swims to qualifying times. This is not a procedure to update times for seeding purposes only. You may submit an updated time for a swim that upgrades a swim from a bonus cut to a regular standard cut; this may allow for an additional bonus entry. Late entries will be accepted until 6:00pm CST Monday July 17, 2016 for individuals qualifying between July 13 and July 16. New qualifiers who are NOT already in the meet are to enter using OME. If a swimmer is already entered in the meet and has achieved an additional qualifying time or upgrading from a bonus to a qualifying time standard, please send an e-mail to the Entry Chair.

ENTRY FEES:

Individual Events:	\$6.00 per event
Relay Events:	\$12.00 per relay
SES Surcharge:	\$3.00 per athlete
Facility Surcharge:	\$15.00 per athlete (includes downloadable heat sheet)

All entry fees will be paid at the meet upon checking in or may be mailed to the following address (Make checks payable to Nashville Aquatic Club):

Nashville Aquatic Club
P.O. Box 128318
Nashville, TN 37212

MEET FORMAT:

All 10&U events will be Timed Finals. All 11&Over individual events will be Prelims/Finals, except for all 800 and 1500 meter Freestyles and the 11&12 400 Free (which will be swum in its entirety in the Saturday AM session). These Timed Finals will swim fastest to slowest alternating Girls/Boys. The fastest heat of the women's 800 meter Freestyle and men's 1500 meter Freestyle will swim during the Finals session on Sunday night; earlier heats will swim in the morning after the conclusion of the preliminaries. Swimmers entered in the women's 800 meter Freestyle and men's 1500 meter Freestyle may designate their preference to swim the event in the AM session. The top eight swimmers who state no preference shall be seeded and swim in the evening finals at the beginning of the finals session.

All preliminaries will be swum in 8 lane courses. Finals will swim in a single 8-lane course. 11-12 and 13-14 events will each have one final heat at night (the top 8 finishers from prelims). Senior events will swim final and consolation final heats (top 16 prelims finishers). All events 400 meters and longer will be deck-seeded with positive check-in by 9:00 AM. Meet management reserves the right to run chase starts during preliminaries if needed to improve timeline.

Relays will be deck seeded Timed Finals. Teams are limited to two relay entries in each relay event. Relay cards will be distributed in coaches' packets. 11&Over relay cards will constitute positive check-in and must be completely and properly filled out and submitted to Clerk of Course by 5:00PM on the day of the event in order for the relay team to swim. All 10&U Relays will swim at the end of their sessions on Friday and Sunday; these relay cards must be submitted at 8:30am on their respective days. All 11& Over Relays will swim during the finals sessions on Friday and Saturday. 11&Over Relays will swim in the following flighted format during Finals:

A Flight - Fastest heat (top 8) of 11-12 and 13-14, Fastest two heats (top 16) of Senior

B Flight – All remaining heats of Relays

Relay Entry Note: The OME system defaults your relay entry time to your team's all time fastest relay time and does not allow for a simple made up entry time. Please use the aggregate relay builder to enter more accurate relay entry times (make sure events selected are LCM)

RULES AND PROCEDURES

The meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming, and is a closed Championship competition for only those swimmers registered with Southeastern LSC Swimming. USA Swimming technical rules and regulations will be followed with the exception of items specifically addressed in the meet information. All coaches are required to sign in with the Clerk of Course and to show their coaching credentials. All Officials will wear their credentials on deck.

RULES:

In the interest of safety and accident prevention, coaches, officials and swimmers are asked to observe all posted pool rules and to conduct themselves in a safe manner. Only coaches, swimmers, officials, and volunteers will be allowed on deck.

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. No team, parent, or press photographers will be permitted on deck unless they have been issued a credential by the Meet Director. Under NO circumstances will video or still photography be allowed in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Acceptable areas include the side courses of the pools, team gathering areas, concession areas, and the turn-end of the competition pool when not in use as a "start end."

Southeastern Swimming Safety Guidelines and Warm-up Procedures will be in effect. 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 NOTES:

Centennial Sportsplex – Do not leave personal belongings (chairs, etc..) in the bleachers overnight. All items will be removed. No food or drink will be allowed in the pool area. No personal coolers are allowed in the lobby or pool area. Concessions and swim team items will be available for sale on site.

Williamson County Indoor Sports Complex – Please enter pool through main entrance to the Indoor Sports Complex. Pool exit fire doors will not be used for entrance.

DECK SEEDED EVENTS AND SCRATCH PROCEDURES:

Swimmers must do Positive Check-In with the Clerk of Course for all deck-seeded individual events and relays. Positive Check-In deadlines are as follows:

DAY	EVENT	DEADLINE
Thursday	13&O 800/1500 Free	4:00pm
	11-12 800 Free	5:00pm
Friday	13&O 400 IM	8:30am
	10&U Free Relay	8:30am
	11-12, 13-14, Open Free Relay	5:00pm
Saturday	13&O 400 Free	8:30am
	12&U 400 Free	8:30am
	11-12, 13-14, Open Medley Relay	5:00pm
Sunday	13&O 800/1500 Free	8:30am
	10&U Medley Relay	8:30am

Swimmers or relays who do not check-in with the Clerk of Course by the deadline will be seeded with a NT, but will be able to compete. 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. If scratching the event, the swimmer or coach shall draw a line through the swimmer’s name and place their initials next to the swimmer’s name.

SCRATCH RULES FOR PRELIM/FINALS EVENTS:

Swimmers qualifying for finals or consolation finals must notify the Clerk of Course within 30 minutes of the announcement of the qualifiers for that final that they may not intend to compete. They must further declare their final intention to scratch within 30 minutes of the posting of the last preliminary event of the session or they will be seeded into the event. **Scratches must be given to the Clerk of Course.** Any swimmer failing to properly scratch and failing to compete in the consolation finals and finals shall be barred from the remainder of the meet unless relieved for good cause by the Referee. The penalty for failing to properly scratch and failing to compete in a Sunday evening consolation final or final event is a \$25 fine.

SCORING:

Individual Events 1-8 (all age groups):	20-17-16-15-14-13-12-11
Consolation Finals 9-16 (open age group only):	9-7-6-5-4-3-2-1
Relay Events 1-8 (all age groups):	40-34-32-30-28-26-24-22
Relay Events 9-16 (open age group only):	18-14-12-10-8-6-4-2

AWARDS:

Awards will be provided by Southeastern Swimming.

- Medals will be given for 1st-8th place for individual events and 1st-4th for relays.
- Pennant will be awarded for the top scoring team in combined category.
- “Best All Around” trophy will be awarded to top scoring individual for each age group for both girls and boys.
- “Outstanding Performance Award” shall be given to one female athlete and one male athlete based on the single highest scoring swim using Hy-Tek’s Single Age Power Point System.
- Plaque will be awarded to age group team champions of each gender based on total individual points and the single highest-ranking relay.
- All individual and relay event medals may be picked up at the awards table after each final is swum

MEETINGS:

- Coaches’ meeting will be at 8:45AM, Friday July 22, 2016, in the hospitality room.
- Officials will meet 45 minutes before each session for deck assignments.
- Timers will meet on the deck 30 minutes before each session.

OFFICIALS:

This meet has been designated an Officials Qualifying Meet (OQM) for National Certification. Those requesting N2/N3 evaluations need to complete the USAS application and forward to the Meet Referee. No official will be permitted to work during a session unless they have filled out an “Application to Officiate” form (found on the SES web site under ‘Members’ / ‘Officials”, and been accepted by the Meet Referee. The Southeastern Swimming Officials Committee will assign officials, with the concurrence of the Tech Planning Chair and the Host Meet Director. Referee, Starter and Stroke Clinics will be given in the Hospitality Room, before the preliminary sessions as follows:

- 1) Starter Clinic: Friday at 7:30 AM.
- 2) Stoke & Turn Clinic: Saturday at 7:30 AM.
- 3) Referee Clinic: Sunday at 7:30 AM.

MEET EVALUATION:

You are encouraged to send a meet evaluation to the Southeastern Swimming GeneralChairman:

Phil Kraus
 P.O. Box 30318
 Pensacola, FL 32504
 ses.general.chair@gmail.com

SOUTHEASTERN SWIMMING LC CHAMPIONSHIPS

THURSDAY JULY 21, 2016

TIMED FINALS – CENTENNIAL SPORTSPLEX

WARM-UP: 3:30pm

COMPETITION: 5:00pm

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
1	No Bonus	19:53.19	13-14 1500 FREE*			
			13-14 800 FREE*	9:59.59	No Bonus	2
3	No Bonus	18:53.29	OPEN 1500 FREE*			
			OPEN 800 FREE*	9:10.99	No Bonus	4
5	No Bonus	400 QT	11-12 800 FREE**	400 QT	No Bonus	6

**1500/800 Free will be swum combined 13&Over scored separately 13-14 and Open. Event will be conducted as Timed Finals, Fast to Slow Alternating Girls/Boys; positive check-in by 4:00PM

** 11-12 800 Free will be conducted as Timed Finals, Fast to Slow Alternating Girls/Boys; positive check-in by 5:00pm

SOUTHEASTERN SWIMMING LC CHAMPIONSHIPS

FRIDAY JULY 22, 2016

13&OVER PRELIMINARY SESSION – CENTENNIAL SPORTSPLEX

WARM-UP: 7:15-8:45AM

COMPETITION: 9:00AM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
7	<i>Any Time</i>	100 QT	13-14 50 FLY	100 QT	<i>Any Time</i>	8
9	<i>Any Time</i>	100 QT	*OPEN 50 FLY*	100 QT	<i>Any Time</i>	10
11	2:22.19	2:19.39	13-14 200 FREE	2:16.09	2:18.89	12
13	2:19.39	2:16.59	OPEN 200 FREE	2:03.39	2:05.89	14
15	1:29.19	1:27.39	13-14 100 BREAST	1:22.19	1:23.89	16
17	1:29.19	1:27.39	OPEN 100 BREAST	1:18.09	1:19.69	18
19	1:15.79	1:14.29	13-14 100 BACK	1:12.59	1:14.09	20
21	1:15.29	1:13.79	OPEN 100 BACK	1:07.79	1:09.19	22
23	No Bonus	5:38.59	**13-14 400 IM**	5:28.09	No Bonus	24
25	No Bonus	5:30.99	**OPEN 400 IM**	5:00.79	No Bonus	26

* Bonus Entries into the Open 50 Butterfly will be restricted to 15&Over athletes

**Deck-seeded Preliminaries; positive check-in by 8:30AM.

11-12 PRELIMINARIES & 10&UNDER TIMED FINALS SESSION - WCISC

WARM-UP: 7:15-8:45am

COMPETITION: 9:00am

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
31	3:02.29	2:58.69	10&U 200 FREE	3:01.69	3:05.39	32
33	2:35.59	2:32.49	11-12 200 FREE	2:37.39	2:40.59	34
35	52.79	51.69	10&U 50 BREAST	54.29	55.39	36
37	44.79	43.89	11-12 50 BREAST	46.59	47.59	38
39	45.69	44.79	10&U 50 BACK	46.59	47.59	40
41	38.89	38.09	11-12 50 BACK	40.59	41.49	42
43	N/A	N/A	*10&U 200 FREE RELAY*	N/A	N/A	44

* Relay cards due by 8:30AM

11&OVER FINALS SESSION – CENTENNIAL SPORTSPLEX

WARM-UP: 3:45-4:45PM

COMPETITION: 5:00PM

Events from Prelims Starting with 13-14 50 Fly, Open 50 Fly, 11-12 200 Free, 13-14 200 Free.....

45	N/A	N/A	*11-12 200 FREE RELAY*	N/A	N/A	46
27	N/A	N/A	*13-14 400 FREE RELAY*	N/A	N/A	28
29	N/A	N/A	*OPEN 400 FREE RELAY*	N/A	N/A	30

*Relay cards due by 5:00 PM.

SOUTHEASTERN SWIMMING LC CHAMPIONSHIPS
SATURDAY JULY 23, 2016
13&OVER PRELIMINARY SESSION – CENTENNIAL SPORTSPLEX

WARM-UP: 7:15-8:45AM

COMPETITION: 9:00AM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
47	<i>Any Time</i>	100 QT	13-14 50 BACK	100 QT	<i>Any Time</i>	48
49	<i>Any Time</i>	100 QT	*OPEN 50 BACK*	100 QT	<i>Any Time</i>	50
51	2:53.59	2:50.19	13-14 200 FLY	2:44.99	2:48.29	52
53	2:53.59	2:50.19	OPEN 200 FLY	2:25.29	2:28.19	54
55	30.29	29.69	13-14 50 FREE	28.49	29.09	56
57	30.09	29.49	OPEN 50 FREE	26.59	27.19	58
59	2:41.59	2:38.39	13-14 200 IM	2:34.99	2:38.09	60
61	2:39.49	2:36.29	OPEN 200 IM	2:23.29	2:26.19	62
63	<i>No Bonus</i>	4:52.99	13-14 400 FREE**	4:46.99	<i>No Bonus</i>	64
65	<i>No Bonus</i>	4:46.49	OPEN 400 FREE**	4:21.79	<i>No Bonus</i>	66

* Bonus Entries into the Open 50 Backstroke will be restricted to 15&Over athletes

**Deck-seeded Preliminaries; positive check-in by 8:30AM.

11-12 PRELIMINARIES & 10&UNDER TIMED FINALS SESSION - WCISC

WARM-UP: 7:15-8:45AM

COMPETITION: 9:00AM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
71	1:25.09	1:23.39	11-12 100 FLY	1:28.09	1:29.89	72
73	1:48.69	1:46.49	10&U 100 FLY	1:50.79	1:53.09	74
75	32.59	31.89	11-12 50 FREE	33.29	33.99	76
77	38.29	37.49	10&U 50 FREE	37.89	38.69	78
79	2:59.19	2:55.59	11-12 200 IM	3:02.19	3:05.89	80
81	3:21.69	3:17.69	10&U 200 IM	3:33.79	3:38.09	82
83	<i>No Bonus</i>	5:17.19	*11-12 400 FREE*	5:27.49	<i>No Bonus</i>	84
85	<i>No Bonus</i>	6:08.59	**10&U 400 FREE**	6:35.49	<i>No Bonus</i>	86

*11-12 400 Free will be swum Timed Finals / Fast to Slow Alternating Girls/Boys; positive check-in by 8:30AM

**10&U 400 Free will be swum Timed Finals / Fast to Slow Alternating Girls/Boys; positive check-in by 8:30AM

11&OVER FINALS SESSION – CENTENNIAL SPORTSPLEX

WARM-UP: 3:45-4:45PM

COMPETITION: 5:00PM

Events From Prelims Starting with 13-14 50 Back, Open 50 Back, 11-12 100 Fly, 13-14 200 Fly.....

87	N/A	N/A	*11-12 200 MEDLEY RELAY*	N/A	N/A	88
67	N/A	N/A	*13-14 400 MEDLEY RELAY*	N/A	N/A	68
69	N/A	N/A	*OPEN 400 MEDLEY RELAY*	N/A	N/A	70

*Relay cards due by 5:00 PM.

SOUTHEASTERN SWIMMING LC CHAMPIONSHIPS

SUNDAY JULY 24, 2016

11&OVER PRELIMINARY SESSION – CENTENNIAL SPORTSPLEX

WARM-UP: 7:15-8:45AM

COMPETITION: 9:00AM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
93	<i>Any Time</i>	100 QT	13-14 50 BREAST	100 QT	<i>Any Time</i>	94
95	<i>Any Time</i>	100 QT	*OPEN 50 BREAST*	100 QT	<i>Any Time</i>	96
97	2:43.19	2:39.99	13-14 200 BACK	2:35.69	2:38.89	98
99	2:42.29	2:39.29	OPEN 200 BACK	2:25.49	2:28.49	100
101	1:05.89	1:04.59	13-14 100 FREE	1:02.09	1:03.39	102
103	1:04.99	1:03.69	OPEN 100 FREE	57.09	58.29	104
105	3:10.19	3:06.39	13-14 200 BREAST	3:01.19	3:04.89	106
107	3:10.19	3:06.39	OPEN 200 BREAST	2:50.79	2:54.29	108
109	1:14.39	1:12.89	13-14 100 FLY	1:09.69	1:11.09	110
111	1:14.39	1:12.89	OPEN 100 FLY	1:03.09	1:04.39	112
			----10 minute break----			
89	<i>No Bonus</i>	10:07.79	**13-14 800 FREE**			
			13-14 1500 FREE	18:51.19	<i>No Bonus</i>	90
91	<i>No Bonus</i>	9:57.49	**OPEN 800 FREE**			
			OPEN 1500 FREE	18:17.39	<i>No Bonus</i>	92

* Bonus Entries into the Open 50 Breaststroke will be restricted to 15&Over athletes

**800/1500 Free will be swum combined 13&Over scored separately 13-14 and Open. Fastest heat of 800 Free and fastest heat of 1500 Free will be swum at the beginning of Finals. Swimmers may declare their intention of a morning swim at check-in. Event will be conducted as Timed Finals, Fast to Slow Alternating Girls/Boys; positive check-in by 8:30AM

11-12 PRELIMINARIES & 10&UNDER TIMED FINALS SESSION - WCISC

WARM-UP: 7:15-8:45AM

COMPETITION: 9:00AM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
113	1:37.69	1:35.69	10&U 100 BACK	1:40.99	1:43.09	114
115	1:23.39	1:21.59	11-12 100 BACK	1:26.89	1:28.69	116
117	1:24.89	1:23.19	10&U 100 FREE	1:25.29	1:26.99	118
119	1:12.59	1:11.09	11-12 100 FREE	1:13.49	1:14.99	120
121	1:54.39	1:52.09	10&U 100 BREAST	1:57.99	2:00.39	122
123	1:38.89	1:36.89	11-12 100 BREAST	1:40.89	1:42.99	124
125	45.19	44.29	10&U 50 FLY	46.19	47.19	126
127	36.09	35.39	11-12 50 FLY	37.59	38.39	128
129	N/A	N/A	*10&U 200 MEDLEY RELAY*	N/A	N/A	130

*Relay cards due by 8:30AM

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 Heller robin@seastarsaquatics.org
