



FALL FEST OPEN

SEPTEMBER 22-24, 2017

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

Sanctioned by Southeastern Swimming, Inc. **SANCTION #:** 17SEXCEL9-22
TIME TRIAL SANCTION #: 17SEXCEL9-22TT

HOSTED BY: Excel Aquatics
 920 Heritage Way
 Brentwood, TN 37027
 615-370-3471, ext. 2123 www.excelaquatics.org

LOCATION: Williamson County Indoor Sports Complex
 920 Heritage Way
 Brentwood, TN 37027

PARKING: There are 3 parking lots available for the meet. Participants may park in either the main parking lot or the overflow lots. Please enter the pool through the main entrance to the Indoor Sports Complex. Pool fire exit doors will not be used for entrance.

OFFICIALS: **MEET DIRECTOR:** **Lori Biller** tlbiller@comcast.net
MEET REFEREE: **Clay Minatra** clayminatra@gmail.com
ADMINISTRATIVE **Dave Powell** dave.powell@icpusa.com
OFFICIAL:

ENTRY CHAIR: **Colin Faris** c/o Excel Aquatics
 920 Heritage Way
 Brentwood, TN 37027 entrychair@excelaquatics.org

FACILITY: Two Indoor 8-lane, 25-yard competition pools (some meet sessions may run in one pool). Non-turbulent lane lines. 7 foot minimum, 10-foot maximum pool depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls. Paddock racing blocks for all events of 50 yards or longer. Warm-ups lanes are available at all times. The competition course has been certified in accordance with USA Swimming Rules 104.2.2C(4). The copy of such certification is on file with USA Swimming. The Meet Director and Referee reserve the right to alter the course. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Spectator seating is provided for approximately 750 people. No outside food or coolers are allowed inside the pool area.

TIMING: Fully automatic Daktronics electronic timing system and two scoreboards with lane/time/place display. Manual backup.

ELIGIBILITY: All participants must be USA Swimming registered athletes. Entries will not be accepted without current registration numbers. Entries listed as “registration applied for” will not be accepted. There will be NO on-deck USA Registration available at this meet. A swimmer’s age on the first day of the meet will determine his or her age for the entire meet. No coaches will be allowed on the pool deck without providing current USA Swimming Registration Card or Deck Pass indicating full coaching privilege.

SWIMMERS WITH DISABILITES: 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 to contact the Meet Referee with specific requests.

FORMAT: This is a Timed Final Meet with positive check-in for all events 400 yards or longer. All events will be pre-seeded except events 400 yards or longer, which will be deck seeded. Swimmers must sign-in with the Clerk of Course for all deck-seeded events. Check-in sheets will be posted prior to the start of warm-ups, and will be removed 30 minutes prior to the start of the session. Failure to properly check in for events will result in being scratched from the event. Only the swimmer or his/her coach may sign in for deck-seeded events. Heat sheets with lane assignments for all events 400 or longer will be posted in the pool area as soon as all scratches have been completed. All pre-seeded events will be seeded slowest to fastest. All positive check-in events 400 yards and longer will be swum fastest to slowest, alternating women and men. Be sure all entry times are in Short Course Yard (SCY) to ensure that swimmers are properly seeded. 13-14 and Senior events, except relays, will be swum together and listed separately.

<u>SESSIONS</u>	<u>WARM-UP</u>	<u>MEET START</u>
Friday PM	4:30pm	5:30pm
Saturday & Sunday AM (10 & Under; 11-12)	7:00am	8:15am
Saturday & Sunday PM (8 & under; 13 & Over)	12:00noon*	1:00pm*

(*Denotes approximate time – Warm-ups will start at the conclusion of the morning session but not before 12:00pm)

ENTRIES: Swimmers may enter up to five (5) individual events per day, including time trials. 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. 13-14 and Senior individual events will be swum

together and listed separately. If there are not enough entries to justify a two-session meet, Excel reserves the right to create a one session meet on both Saturday and Sunday OR to adjust pool designations for age groups or genders in order to run the meet more smoothly. Teams will be notified if there is a change.

- 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 that compose one single team entry.

ENTRY FEES: \$6.00 per individual event (\$8.00 per late/deck entry)
\$12.00 per relay event (\$14.00 per late/deck entry)
\$10.00 per swimmer facility surcharge, includes Heat Sheet
\$3.00 surcharge per swimmer (if team is a member of SES).
\$5.00 Non-SES surcharge per swimmer
Time Trial: \$10.00 per event, \$15.00 per relay
Please make checks payable to Excel Aquatics. All entry fees are non-refundable

ENTRY DEADLINE: All entries must be sent to the Entry Chair. Entries will not be accepted prior to Monday, August 28, 2017, at 8:00AM CDT and will not be accepted after Sunday, September 10, 2017 at 8:00PM CDT.

RULES & SAFETY Current USA Swimming and Southeastern Swimming Rules will govern the conduct of the meet unless otherwise noted herein. All USA Swimming and SES safety rules will be strictly enforced. At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of an USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

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. **ONLY MEET WORKERS, COACHES, OFFICIALS AND SWIMMERS WILL BE ALLOWED ON THE POOL DECK AREA BEHIND THE STARTING BLOCKS.** Coaches **MUST** constantly display their current USA Swimming coach credentials to gain deck access or have their Deck Pass Available. The Meet Referee reserves the right to ask for coach credential display/Deck Pass and/or deny deck access if the coach does not comply or card is no longer valid/current. 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.

WARM UPS: **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.

TIME TRIALS: Time Trials will 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, 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 the 5 events per day limit. Fees: \$10.00 per individual event; \$15.00 per relay. Sign-up deadlines will be announced during the meet.

LIMITATIONS: The host club reserves the right to limit events, heats or distance in order to ensure completion of the session with the 4-hour time rule guideline.

AWARDS/SCORING: No team scoring for individual or relay events. Ribbons will be awarded for 1st – 8th place in 12-under individual events only.

CLERK OF COURSE: The host club reserves the right to assign 8 & Under events to the Clerk of 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: Visiting officials are welcome and encouraged to participate. The Meet Referee is asking all officials who are available to serve at this meet to notify him by email of their availability. 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 Clay Minatra at clayminatra@gmail.com 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.

COACHES' CORNER: The coaches meeting will be on Friday, September 22 at 5:15pm in the hospitality room. No swimmers will be allowed in the pool during this time. Competition will not start until after the conclusion of the coaches meeting. When picking up the team's packet, coaches are asked to show valid coaches cards. No coaches will be allowed on the pool deck without providing current USA Swimming Registration Card or Deck Pass 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. 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. **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.**

SPECTATORS' CORNER: Admission is free. Spectator seating is provided for approximately 750 people. No outside food or coolers are allowed inside the pool area. Spectators must comply with all signs or verbal directions from meet officials limiting or restricting the use of certain areas for seating or standing. No smoking is allowed anywhere on the site.

SAFE SPORT: The Southeastern Swimming Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. No running or horseplay will be tolerated. Access to the main locker rooms is restricted to swimmers only. Anyone failing to comply with a safety request may forfeit his or her privilege to participate.

The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. NO team, parent or press photographers will be permitted on deck unless the Meet Director has issued them a credential. 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". Acceptable areas for approved photographers include the side courses of the pool.

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.

Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present.

HEAT SHEETS: The Psych sheet will be available online at www.excelaquatics.org the Monday before the meet. HEAT SHEETS WILL NOT BE SOLD AT THE MEET. Heat Sheets will be available in a printable format at www.excelaquatics.org the day before the meet.

HOSPITALITY: There will be hospitality available for coaches and officials.

ADMISSION/CONCESSIONS: Admission is Free. Food and beverages will be available for purchase.

RECYCLING: EXCEL AQUATICS is supporting the SES Recycling Initiative (a pilot program for USA Swimming) at meets. Please look for additional information about this Initiative posted at the swimming venue and assist EXCEL AQUATICS with this Initiative.

MEET EVALUATIONS: Please send any comments, suggestions, or evaluations concerning the meet to:
Phil Kraus, General Chairman
4640 Regency Ct
Pensacola, FL
32504
gpacswimcoach@gmail.com



2017 FALL FEST ORDER OF EVENTS

Session 1 - Friday PM

Warm-up: 4:30PM

Meet Starts: 5:30 PM

<u>Women</u>	<u>Event Description</u>	<u>Men</u>
1	Open 50 Free **	2
3	11-12 400 IM #	4
5	Open 400 IM ** #	6
7	11-12 1000 Free #	8
9	Open 1650 Free ** #	10

- Deck seeded event, swum fastest to slowest. Positive check-in required. Alternating women's and men's heats.

** - 13-14 and Senior swim together, listed separately.

Session 2 - Saturday AM

Warm-up: 7:00AM

Meet Starts: 8:15AM

<u>Women</u>	<u>Age Group</u>	<u>Event</u>	<u>Men</u>
11	10 & U	200 Free Relay	12
13	11 & 12	200 Free Relay	14
10 Minute Break			
15	10 & U	100 Free	16
17	11 & 12	100 Free	18
19	10 & U	100 IM	20
21	11 & 12	100 IM	22
23	10 & U	50 Back	24
25	11 & 12	50 Back	26
27	10 & U	100 Fly	28
29	11 & 12	100 Fly	30
31	10 & U	50 Breast	32
33	11 & 12	50 Breast	34
10 Minute Break			
35	12 & U	500 Free ** #	36

Deck seeded event, swum fastest to slowest. Alternating women's and men's. Positive check-in required.

** 10 & U and 11-12 swim together, listed separately.



2017 FALL FEST ORDER OF EVENTS

Session 3 - Saturday PM

Warm-up: 12:00PM*

Meet Starts: 1:00PM*

* Warm-ups start at conclusion of AM session.

<u>Women</u>	<u>Age Group</u>	<u>Event</u>	<u>Men</u>
37	8 & Under	100 Free Relay	38
39	Open	200 Free Relay**	40
10 Minute Break			
41	8 & Under	100 IM	42
43	Open	200 Free**	44
45	8 & Under	50 Free	46
47	Open	100 Breast**	48
49	8 & Under	25 Breast	50
51	Open	100 Back**	52
53	8 & Under	25 Back	54
55	Open	200 Fly**	56
57	8 & Under	50 Fly	58
10 Minute Break			
59	Open	500 Freestyle**##	60

** - 13-14 and Senior swim together, listed separately.

- Deck seeded event, swum fastest to slowest, alternating women and men's heats. Positive check-in required.

Session 4 - Sunday AM

Warm-up: 7:00 AM

Meet Starts: 8:15 AM

<u>Women</u>	<u>Age Group</u>	<u>Event Description</u>	<u>Men</u>
61	10 & U	200 Medley Relay	62
63	11 & 12	200 Medley Relay	64
10 Minute Break			
65	10 & U	200 Free	66
67	11 & 12	200 Free	68
69	10 & U	50 Fly	70
71	11 & 12	50 Fly	72
73	10 & U	100 Breast	74
75	11 & 12	100 Breast	76
77	10 & U	100 Back	78
79	11 & 12	100 Back	80
81	10 & U	50 Free	82
83	11 & 12	50 Free	84
85	10 & U	200 IM	86
87	11 & 12	200 IM	88



2017 FALL FEST ORDER OF EVENTS

Session 5 - Sunday PM

Warm-up: 12:00PM*

Meet Starts: 1:00PM*

* Warm-ups start at conclusion of AM session.

<u>Women</u>	<u>Age Group</u>	<u>Event Description</u>	<u>Men</u>
89	Open	200 Medley Relay**	90
91	8 & Under	100 Medley Relay	92
10 Minute Break			
93	Open	200 IM**	94
95	8 & Under	100 Free	96
97	Open	100 Free**	98
99	8 & Under	50 Breast	100
101	Open	200 Breast**	102
103	8 & Under	25 Fly	104
105	Open	100 Fly**	106
107	8 & Under	50 Back	108
109	Open	200 Back**	110
111	8 & Under	25 Free	112
10 Minute Break			
113	Open	1000 Free**##	114

** - 13-14 and Senior swim together, listed separately.

- Deck seeded event, swum fastest to slowest, alternating women and men's heats. Positive check-in required.



2017 FALL FEST OPEN

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 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, Williamson County Government, 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 (SES):		X \$3.00 SES SURCHARGE =	
NUMBER OF SWIMMERS (NON SES):		X \$5.00 NON SES SURCHARGE =	
NUMBER OF SWIMMERS:		X \$10.00 FACILITY SURCHARGE =	
NUMBER OF IND. EVENTS:		X \$6.00 PER EVENT ENTRY FEE =	
NUMBER OF RELAYS:		X \$12.00 PER RELAY ENTRY FEE =	
TOTAL DUE:			



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 Lori Biller - Email: tbiller@comcast.net

Meet Referee Clay Minatra - Email: clayminatra@gmail.com

Disability Chair Robin Heller - Email: robin@seastarsaquatics.org



SOUTHEASTERN SWIMMING, INC

MEET WARM-UP GUIDELINES

GENERAL WARM UP FIRST 30 SCHEDULED MINUTES:

- No diving allowed from blocks or edge of pool
- Swimmers must enter the pool feet first in a cautious manner
- No sprinting or pace work allowed during this general warm up
- All lanes will be used for general warm up

SPECIFIC WARM UP LAST 15 SCHEDULED MINUTES:

- PUSH / PACE LANES:
 - Push off one or two lengths from the starting end
 - Circle swim only
 - NO DIVING
- DIVING LANES
 - Sprint lanes for diving from the blocks or for backstroke starts in specified lanes at designated times. ONE WAY SWIMMING ONLY.
- GENERAL WARM UP LANES
 - CIRCLE SWIM ONLY
 - NO DIVING
- AT THE CONCLUSION OF THE 15-MINUTE SPECIFIC WARM UP PERIOD, ALL SWIMMERS **MUST** CLEAR THE POOL.
- THE FIRST EVENT WILL START NO SOONER THAN 15 MINUTES FROM THE CONCLUSION OF THE SPECIFIC WARM UP.
- LANE USE:
 - Lanes 1 and 8 Push / Pace
 - Lanes 2,3,6,7 Diving / Sprint
 - Lanes 4 and 5 General Warm Up

Coaches Responsibilities

- Coaches shall instruct their swimmers regarding safety guidelines and warm up procedures as they apply to conduct at meets and practices.
- Coaches shall be on the deck during the warm ups and shall actively supervise their swimmers through out the entire warm up sessions at meets and at all practices.
- Any coaches' meetings at meets will be conducted at times other than the 30 minute general warm up and the 15 minute specific warm up.

Host Team Responsibilities

- MARSHALING
 - A minimum of four marshals, who report to and receive instructions from the Meet Referee, and or the Meet Director, shall be on deck during the entire warm up session.
 - One Marshall, who is an ISI Official, shall act as Safety Coordinator.
 - Marshals shall be current members of United States Swimming.
 - Marshals shall remove from the pool deck for the remainder of the warm up session any swimmer or coach who is in violation of safety requirements or warm up procedures.
 - Flagrant violations of safety requirements of warm up procedures by a swimmer could result in the swimmer being barred from their next individual event.
- THE HOST TEAM SHALL PROVIDE SIGNS FOR EACH LANE AT BOTH ENDS OF THE POOL, WHICH INDICATE THE DESIGNATED USE DURING WARM UP.
- WARM UP TIMES AND LANE ASSIGNMENTS SHALL BE PUBLISHED IN THE MEET INFORMATION AND POSTED AT SEVERAL LOCATIONS AROUND THE POOL AREA.
- AN ANNOUNCER SHALL BE ON DUTY FOR THE ENTIRE WARM UP SESSION TO ANNOUNCE LANE AND TIME CHANGES AND TO ASSIST WITH THE CONDUCT OF THE WARM UP.
- HAZARDS IN THE LOCKER ROOM, ON THE POOL DECK AREA, OR IN AREAS USED BY COACHES, SWIMMER, SPECTATORS, OR OFFICIALS SHALL BE REMOVED OR CLEARLY MARKED.

Miscellaneous

- BACKSTROKERS SHALL ENSURE 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 BACKSTROKER WAITING TO START.
- SWIMMERS SHALL NOT JUMP OR DIVE INTO THE POOL TO STOP ANOTHER SWIMMER ON A RECALLED START.
- SWIMMERS ARE REQUIRED TO EXIT THE POOL UPON THE COMPLETION OF THEIR WARM UP TO ALLOW OTHER SWIMMERS ADEQUATE WARM UP TIME.
- THE POOL IS NOT FOR VISITING OR PLAYING DURING THE WARM UP.
- WARM UP PROCEDURES SHALL BE ENFORCED FOR ANY BREAKS SCHEDULED DURING THE COMPETITION.