

**15th Annual High School Swimming Invitational**

**Saturday, November 10, 2018**

**HOST: The Middle Tennessee Swim Club.**

**MEET DIRECTOR: Cindy Baker 615-686-3116.**

**LOCATION: Jimmy Floyd Family Center, 511 Castle Heights Ave. North, Lebanon, TN. 37087.**

**WARM-UP: 7:30 A.M, Meet Begins at 9:15 AM (CST). There will be three 30 minute warm-up periods.**

**There will be a 10 minute break at the conclusion of the 100 butterfly events for additional**

**warm-up/cool down.**

**WHAT’S NEW: The 500 free will be limited to the one (1) fastest seeded heat for both girls and boys.**

**We will notify teams of who does not make the fastest seeded heat so that the swimmer**

**can be entered in a different event. At the conclusion of the meet, time permitting, we**

**will offer a time trial for anyone that wants to do the 500 free. Sign in will be at the**

**clerk of course and there will be an extra $5.00 fee to time trial the 500.**

**Also, this year there we will not offer the 400 freestyle relays. The meet order of events**

**has been modified below and the 200 freestyle relays will be the last events of the meet.**

**FACILITY: 6 lane indoor 25 yard pool.**

**TIMING: Colorado timing.**

**ENTRY FEES: $6.00 per individual event. $12.00 per relay. $6.00 Facility Surcharge Per Swimmer.**

**Entry fees and waivers may be turned in the day of and prior to the start of the meet.**

**AWARDS: Ribbons 1st-6th place.**

**ELGIBILITY: Each school may enter as many swimmers as they want in any individual event, however,**

**only your top 2 swimmers are eligible to score points. Swimmers may swim 2 individual**

**events and 2 relays or 1 individual event and 3 relays. Teams may enter 2 relays in relay**

**events but only your top relay can score points. Ribbons will be awarded from 1st-6th**

**place regardless of scoring restrictions! The 500 free will be limited to the one (1) fastest**

**seeded heat for both girls and boys. If a swimmer is not seeded in the top 6 we will let you**

**know so that you can enter that swimmer in a different event.**

**SCORING: Individual Events : 14-11-10-9-8-7.**

**Relay Events : 28-22-20-18-16-14.**

**ENTRIES: Entries should be submitted electronically. If you must hand enter please try to submit**

**hand entries early using the forms below.**

**Entries may be e-mailed to:** [**coachcindybaker@gmail.com**](mailto:coachcindybaker@gmail.com)

**DEADLINE: All entries must be received by 6PM, Monday, November 5th.**

**PSYCHE SHEET: A psyche sheet will be e-mailed to coaches on Thursday, November 8th.**

**HOSPITALITY: Coffee, Soft Drinks and snacks available for coaches and officials.**

**EVENT LIST:**

**ORDER OF EVENTS**

|  |  |  |
| --- | --- | --- |
| **Women** | **Event Name** | **Men** |
| 1 | 200 Medley Relay | 2 |
| 3 | 200 Freestyle | 4 |
| 5 | 200 IM | 6 |
| 7 | 50 Freestyle | 8 |
| 9 | 100 Butterfly | 10 |
| 11 | 100 Freestyle | 12 |
| 13 | 500 Freestyle | 14 |
| 15 | 100 Backstroke | 16 |
| 17 | 100 Breaststroke | 18 |
| 19 | 200 Free Relay | 20 |

**DIRECTIONS: From Nashville - I 40 east to exit 236, South Hartman Drive. Turn left, go back over the interstate. At the 6th stoplight turn right on Baddour Parkway. At the first stoplight turn left on Castle Heights Avenue N. The JFFC is .25 mi. on the right.**

**From Chattanooga - I 24 west to Murfreesboro. Take TN 840 to Lebanon. Take I 40 east to exit 236, South Hartman Drive and follow directions above.**

**From Bowling Green - Take Hwy. 231 South to Lebanon. Turn right at the 1st stoplight, Castle Heights Avenue North. Come through the first stop sign and take an immediate left into the JFFC parking lot.**

**From Knoxville - Take I 40 west. Get off at the Lebanon/Watertown exit #239 and turn right. Go through 6 traffic lights and at the 7th light, turn right on to Castle Heights Avenue N. The JFFC will be .25 miles on your right.**

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| **Men’s Events** | | | | | | | | |
| NAME | #4 200FR | #6 200 IM | #8 50 FR | #10 100 FL | #12 100 FR | #14 500 FR | #16 100 BA | #18 100 BR |
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| **Women’s Events** | | | | | | | | |
| NAME | #3 200FR | #5 200 IM | #7 50 FR | #9 100 FL | #11 100 FR | #13 500 FR | #15 100 BA | #17 100 BR |
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**Event 1: Girls 200 Medley Relay “A”**

Back:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Brst\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fly\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Free\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Event 1: Girls 200 Medley Relay “B”**

Back:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Brst\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fly\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Free\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Event 2: Boys 200 Medley Relay “A”**

Back:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Brst\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fly\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Free\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Event 2: Boys 200 Medley Relay “B”**

Back:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Brst\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Fly\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Free\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Event 19: Girls 200 Freestyle Relay “A”**

1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Event 19: Girls 200 Freestyle Relay “B”**

1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Event 20: Boys 200 Freestyle Relay “A”**

1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Event 20: Boys 200 Freestyle Relay “B”**

1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TEAM INFORMATION/RECAP SHEET**

**TEAM NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ INITIALS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MAILING ADDRESS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Ribbons mailed here)**

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**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**HEAD COACH: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**YOUR PHONE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**YOUR E-MAIL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**FAX \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ASST. COACH: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**NUMBER OF INDIVIDUAL EVENTS \_\_\_\_\_\_\_\_X $6.00 = \_\_\_\_\_\_\_\_\_**

**FACILITY SURCHARGE \_\_\_\_\_\_\_\_X $6.00 = \_\_\_\_\_\_\_\_\_**

**NUMBER OF RELAY EVENTS \_\_\_\_\_\_\_\_X $12.00 = \_\_\_\_\_\_\_\_\_**

**TOTAL DUE = \_\_\_\_\_\_\_\_\_**

**PLEASE LIST ANY OFFICIALS THAT MAY BE INTERESTED**

**IN WORKING THIS MEET!**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MAKE CHECKS PAYABLE TO: MTSC**

Waiver of Claim Form

In consideration of the acceptance of this entry, we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hereby waive and release any and all claims against the Middle Tennessee Swim Club, Jimmy Floyd Family Center, City of Lebanon and Lebanon High School and their officers, agents and representatives for any and all injuries which may be sustained at this meet or while in transit to and from this meet. Further, we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ affirm that all athletes entered in this meet and all coaches are eligible to compete in accordance to current MTHSAA rules.

Signature of coach or school official \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TEAM\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Title:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_