



**Eastern Section of the Southern Zone
Summer Long Course Championship**

Hosted by Shockwave Aquatic Team

July 5-8, 2018

Tupelo Aquatic Center

692 Veteran’s Memorial Blvd. Tupelo, MS 38804

Held under the Sanction of USA Swimming, Inc.

Issued by **LSC Sanction #1825 ; Time Trials Sanction # 1825TT**

MEET DIRECTOR	MEET ENTRY COORDINATOR	MEET MARSHAL
Barbara Aguirre barbara.aguirre@tupeloms.gov 662.401.7550	Alissa Kojima sz.sr.sectionals@gmail.com 847.809.9550	Life guards will be on deck
MEET REFEREE	ADMINISTRATIVE REFEREE	OFFICIALS CONTACT
Wade Kojima wkojima@comcast.net 601.668.3201	TBA	Wade Kojima wkojima@comcast.net 601.668.3201

HOST Shockwave Aquatic Team - www.shockwaveaquatics.com

FACILITY AND POOLS Indoor 8 lane (M) 19-lane (Y), 50 meter by 25-yard competition pool. The competition venue for long course is one eight lane course, minimum width 9.0’. The competition depth ranges from 5` to 12.5`. Equipment includes Paragon Track Start Competitor blocks. The building is designed with permanent upstairs seating for 970 spectators. Continuous warm-up/ cool down area will be provided in a five lane 25-yard short pool adjacent to the competition pool. Hospitality will provided for coaches and officials. Concessions, on-deck bleachers (for seating up to 500 swimmers only) and first aid will be provided.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

SCHEDULE

Session	Day	Warm-up	Meet Start
*	Wednesday evening (For other hours, teams may contact Barbara Aguirre 662.401.7550 to arrange for lanes.)	4:00-8:00 PM	*
1	Thursday Preliminaries	6:30-8:50 AM	9:00 AM
*	General Meeting	7:45 AM	*
2	Thursday Finals	4:30-5:45 PM	6:00 PM
3	Friday Preliminaries	6:30-8:50 AM	9:00 AM
4	Friday Finals	4:30-5:45 PM	6:00 PM
5	Saturday Preliminaries	6:30-8:50 AM	9:00 AM
*	Sectional meeting	30 minutes after prelims	*
6	Saturday Finals	4:30-5:45 PM	6:00 PM
7	Sunday Preliminaries	6:30-8:50 AM	9:00 AM
8	Sunday Finals	4:00-5:15 PM	5:30 PM

ELIGIBILITY

Open to the members of the Eastern Section of the Southern Zone—USA Swimming registered clubs that are in good standing with the Section and USA Swimming registered swimmers. All USA Swimming registered clubs in the following LSCs are eligible to join the Eastern Section: Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Southeastern and West Virginia. Swimmers and clubs from outside these LSC boundaries are eligible to participate provided they meet the summer USA Junior National qualifying standards, become registered club members of the Eastern Section, and are registered with USA Swimming. Entries from swimmers from non-member clubs may be accepted into the meet but, prior to entry deadline, must pay the club registration fee. This fee may be paid with entry fees with a separate check made payable to North Carolina Swimming Regional Fund or the check can be mailed to the address provided in the ESSZ emails. Fees are \$25 for membership applications received prior to 1/1/18 and \$100 for membership fees received on that date or later.

All swimmers must be members of USA Swimming. Each club is responsible for the proper registration of its swimmers and coaches. The person signing the entry form accepts all responsibility for compliance. Each coach attending the meet must be listed on the coach contact form. All coaches must be properly certified members of USA Swimming throughout the meet. If a swimmer attends the meet without a coach, he or she must arrange to be supervised by a USA Swimming member coach from another team. There will be no on deck USA Swimming registration available at this meet.

ENTRY TIME STANDARDS AND QUALIFYING PERIOD

All swimmers must have met the current summer meet time standards in long course meters, short course meters, or short course yards in EACH event entered. Times must have been achieved between the first day of the ESSZ Senior Sectional meet approximately 18 months prior and the entry deadline for the current meet.

All disability swimmers must have met the current Can Am standards in long course meters, short course meters, or short course yards for EACH event entered. Times must have been achieved between the first day of the ESSZ Senior Sectional meet

approximately 18 months prior and the entry deadline for the current meet.

The qualifying period for the current meet is March 9, 2017 - Monday, July 2, 2018.

Swimmers must enter in the course in which they achieved the time standard (LCM/SCY). Swimmers will be seeded in the order of LCM/SCY. Faster times achieved after the entry deadline will not be accepted as updates to previously entered times.

**PROOF OF
TIMES**

Swimmers who do not equal or better the applicable Eastern Section Southern Zone Senior Championship in any individual event at the championship meet must be able to prove that they have previously achieved the qualifying time. Any OME entry time will constitute proof unless an override entry time was used. Swimmers unable to provide proof-of-time will be assessed a \$25 fine for each event they cannot prove. Proof of times is due by August 15. Fines are doubled to \$50 per occurrence regardless of provability after November 1. The only acceptable proof-of-time will be official meet results from a USA Swimming sanctioned, approved, or observed competition. In the event a swimmer does not pay this fine, neither the swimmer nor the swimmer's team will be eligible to enter future Eastern Section Southern Zone Championships until such time as the fee is paid. Teams with outstanding fines should come prepared to pay prior to participation in the meet. Fines will be deposited with no further need of proofs from those previous meets. All fines collected go to the ESSZ Travel Fund.

**ENTRY
PROCESS
AND
DEADLINES**

An events file for organizing entries will be posted on www.shockwaveaquatics.com by Monday, May 21, 2018 or via email request to the entry coordinator at sz.sr.sectionals@gmail.com. The entry deadline for this meet is Monday, July 2 at 3:00 PM.

OME will be used for all entries including relays and relay only swimmers. OME will close Monday of meet week, July 2, at 3:00 PM. OME will open no later than Monday, May 21. Coaches can update entry times in OME until it closes. Questions or problems with OME should be directed to sz.sr.sectionals@gmail.com.

Entry requests received after OME closes will be considered late and accepted only as described below in LATE ENTRIES and only for open lanes in existing heats.

**ENTRY
VERIFICATION**

A psych sheet will be issued to the person submitting the entry by 3:00 PM on Tuesday of meet week. Coaches have until 3:00PM on Wednesday of meet week to identify any missing entries, time corrections, or other entry errors and email corrections to the entry coordinator at sz.sr.sectionals@gmail.com. Any changes after that point will be made at the discretion of the Meet Referee only.

ENTRY LIMIT

Swimmers may enter as many events for which they qualify but may swim a maximum of three (3) individual events per day including Time Trials. The swimmer is responsible for scratching from oversubscribed events. Scratches must be received by the Admin Referee by the relevant scratch deadline in order not to count toward a swimmer's event limit. Otherwise, swimmers will be automatically scratched from the event that puts them over the daily limit.

Each team will be limited to two relay team entries per event.

ENTRY FEES

Make checks payable to the host team. All fees are non-refundable. Payment in full is due no later than the General Meeting.	
Individual Event	\$10.00 per event
Relays	\$20.00 per relay
MSI Surcharge	\$5.00 per swimmer
Facility Surcharge	\$20.00 per swimmer
Time Trials events	\$10.00/20.00 per event
Late Entry Fee (double)	\$20.00/\$40.00

PAYMENT

Payment must be made by check payable to the host team and is due in full no later than the General Meeting on Thursday. Any alternate payment arrangements must be negotiated with the Meet Director. Teams should bring copies of OME rosters and receipts for verification.

LATE ENTRIES

Late entries for event will be accepted at the meet at the discretion of the Meet Referee on a first come/first served basis only if open lanes are available and will be seeded with NT. No additional heats will be created for late entries. Late entries will be accepted at the meet up until the time that the Clerk of Course closes before each session (see schedule under SCRATCH AND POSITIVE CHECK IN DEADLINES). Late entry fees will be doubled for individual and relay events-- \$20.00 per individual event and \$40.00 per relay. Late entered swimmers must present proof of current USA Swimming registration if they are not already entered in the meet. No on deck registration will be available.

RULES

The meet will be conducted in accordance with USA Swimming Rules and Regulations except where the rules are optional and exceptions are stated.

SAFE SPORT

Coaches are advised to supervise their swimmers closely 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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Main locker rooms are reserved for participating swimmers only.

Deck changes are prohibited.

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. The swimmer must also declare to the Meet Director a coach of record and who will represent the swimmer at the meet.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas. Spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and or/ spectators are present.

BREAKS Breaks are noted in the Order of Events. Additional breaks may be inserted at the discretion of the Meet Referee.

SEEDING The conforming time standard for this meet is long course meters (LCM). Swimmers who have achieved the SCY cut must enter with that time. Swimmers will be seeded in the order of LCM then SCY. Swimmers will be seeded and swim from slow to fast unless otherwise indicated. Heats and events may be combined at the discretion of the Meet Referee.

SCRATCH AND POSITIVE CHECK IN PROCEDURES This meet will follow USA Swimming procedures specified in rule 207.11.6 except where exceptions are stated.

Swimmers who do not intend to swim an event, or must scratch down to the three events per day limit, or need to make room for a time trial should scratch by the indicated deadline. Scratch cards should be completed and deposited in the scratch box at Clerk of Course by the appropriate deadline. While there will be no penalty for failure to compete in preliminary heats of events 200M or less, swimmers and coaches should remember that late entries will only be accepted for empty lanes. Therefore, all coaches are asked to declare any scratches to the Clerk of Course before the deadlines to insure full heats and the best competition opportunities possible for all athletes.

A positive check in, located at the Clerk of Course, will be required for these events. Swimmers and relay teams who do not positively check in may not be seeded in the event:

- 800 Freestyle
- 400 Individual Medley
- 400 Freestyle
- 1500 Freestyle
- All Relays

SCRATCH AND POSITIVE CHECK IN DEADLINES

EVENT	DAY	TIME
Scratches from Thursday events (email and text scratches to the Administrative Referee are accepted)	Wednesday	7:00PM
Positive check in 800 Freestyle	Thursday	7:30AM
Positive check in 400 Free Relay*	Thursday	8:00AM
Scratches from Friday events	Thursday	7:00PM
Positive check in for 400 IM and 400 Medley Relay*	Friday	8:00AM
Scratches from Saturday events	Friday	7:00PM
Positive check in 400 Free	Saturday	7:30AM
Positive check in 800 Free Relay*	Saturday	8:00AM
Positive check in 1500 Free (AM/PM option)	Saturday	6:00PM
Scratches from Sunday events	Saturday	7:00PM

*Relay cards are due at least one hour before the relay is scheduled to swim but may be changed up until the relay swims.

SCRATCH PENALTIES

According to the scratch rule, a swimmer who is properly checked in for a positive check in deck seeded event, been seeded, and fails to compete in said event, shall be barred from his/her next individual event unless excused by the Meet Referee. There is no penalty for failure to compete in pre-seeded preliminary heats of individual events except that an individual event from which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three events per day limit. There is no penalty for failure to compete in relay events.

A swimmer initially qualifying for an A, B, C, or D Final who neither scratches with the Administrative Referee nor declares his or her intent to scratch within 30 minutes after the announcement of qualifiers for that event is considered checked in. If a checked in swimmer fails to compete in Finals, he or she shall be barred from further competition unless excused by the Meet Referee. In order to field full Finals heats, swimmers who qualify in the top 50 and have no intention of swimming in Finals should indicate this by scratching.

FORMAT

Individual Events: All individual events 400 M or less will be conducted as preliminaries and finals including the 400 IM and the 400 Free, which will be deck seeded after positive check in. The 800 Freestyle and the 1500 Freestyle will be conducted as timed finals and will be deck seeded after positive check in.

Finals: There will be a **Championship A Final**, a **Consolation B Final**, a **Bonus C Final**, and a **Bonus D Final, which will be limited to 18&Us**, for all prelim/final events. The Finals heats will be swum in the following order: D Final, C Final, B Final, and A Final. The A and B Finals will be scored. Championship A Finalists are invited to the Ready Room 5 minutes before their event for parading. D, C, and B Finalists should report to the blocks. Alternates should report to the starter prior to the D Final and will swim in the D or C Final should no shows occur.

400 Free:

- The 400 Free events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top **two** heats) and swum slowest to fastest, in event order, all women's heats then all men's heats.

400 IM:

- The 400 IM events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top **two** heats) then the fastest four women's heats will swim slow to fast, then the fastest four men's heats will swim slow to fast, then the remaining heats will swim fast to slow alternating women and men.

800 Free:

- The 800 Free events will be conducted as timed finals and will be deck-seeded after positive check in. The fastest heat of positively checked in swimmers of each gender will swim in the Finals session. The remaining heats will swim at the end of the Preliminary session 10 minutes after the last heat of 200 Fly. The next three fastest heats of women will swim slowest to fastest, then the next

three fastest heats of men will swim slowest to fastest, then the remaining heats will swim fast to slow alternating women and men. Swimmers must provide their own counters. Swimmers in the morning session may be required to provide their own timers.

1500 Free:

- The 1500 Free events will be conducted as timed finals and will be deck-seeded after positive check in. Swimmers may indicate AM/PM preference. The fastest heat of positively checked in swimmers of each gender who **select PM** will swim in the Finals session. The remaining heats will swim at the end of the Preliminary session 10 minutes after the last heat of the 200 Backstroke, fast to slow alternating women and men. Swimmers must provide their own counters. Swimmers in the morning session may be required to provide their own timers.

Relays: All relays will be deck seeded after positive check in and conducted as timed finals.

- All heats of the 400 Free Relays and the 400 Medley Relays will swim in the Finals sessions on Thursday and Friday. The fastest two heats of women will swim slow to fast, followed by the fastest two heats of men swum slow to fast, with remaining heats swum fast to slow alternating women and men.
- The fastest two heats of each gender in the 800 Free Relay will swim in Finals on Saturday, slow to fast, both women's heats then both men's heats. Remaining heats will swim at the end of the Preliminary session, fast to slow alternating women and men.

The Meet Referee may combine heats and events as necessary.

SCORING

The top 16 places in all events will score points as follows:

- Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. A and B Finalists must attain the ESSZ time standard for the individual event in order to score team or individual points.
- Relay events will score double.

AWARDS

- Individual & Relay Awards: Medals for 1st through 8th place for individuals and 1st through 3rd for relay events. Winners should report to the podium to receive their awards according to the schedule announced at the General Meeting.
- Team Awards: Plaques for 1st through 6th place combined teams.
- Individual High Point: Plaques for highest scoring woman and man.

RESULTS

Results will be posted on www.shockwaveaquatics.com within 24 hours of the meet's conclusion and teams will be emailed their results. MeetMobile and LiveResults will be used as facility internet connectivity permits.

WARM-UP PROCEDURES

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm up procedures. Open warm up will be

offered from 6:30-8:30 AM. Specific warm ups will be offered at 8:30 in the main competition pool during which at least two lanes will be assigned as pace lanes and at least two lanes will be assigned as one-way race start lanes. Meet Management reserves the right to change warm up times according to the number of entries. During the competition, there will be at least 5 lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area. Swimmers will enter the pool feet first except in lanes that are designated for one-way race starts under the direct supervision of a certified coach.

TIME TRIALS Time Trials will be offered after all Preliminary and Finals sessions, time permitting. Time Trials count toward a swimmer's three events per day event limit. Relay only swimmers are not eligible to swim time trials.

Sign up deadlines on days when Time Trials are offered will be 10:30 AM for Time Trials after Preliminaries and 6:00 PM for Time Trials after Finals. The 1500 and 800 Frees may be Time Tried after one Preliminary session to be determined by the Meet Referee. The order in which time trial events will be conducted will follow National event order (e.g., that day's events, followed by next day, etc., finishing up with the previous day's events). However, in the session that distance frees are offered, they will be the last events of the session.

Time Trial fees are \$10.00 per individual event and \$20.00 for relays payable in cash at sign up. Swimmers must provide their own timers and counters for Time Trials. Time Trials will begin no later than 15 minutes after the session conclusion.

GENERAL MEETING The General Meeting will be held at 7:45AM on Thursday in the Bancorpsouth Room. Teams are responsible for knowing and complying with information distributed and decisions made at the General Meeting.

ESSZ BUSINESS MEETING The sectional meeting will be held no more than 30 minutes after the conclusion of the Preliminary session on Saturday in the Bancorpsouth Room. All member teams are expected to attend. Agenda items include bidding for upcoming championship meets and other ESSZ business.

COACHES All coaches on deck must be registered and certified with USA Swimming. Deck Pass is acceptable proof of USA Swimming membership. Meet Management will require all coaches to show proof of current certification/registration and coaches must display their meet credentials or have easy access to their printed or virtual USA Swimming membership card at all times while on deck. There may be a coaches' meeting after Friday warm ups or other meetings at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

TIMERS Volunteer timers from visiting teams are welcome.

OFFICIALS	<p>Officials will be required to show proof of current USA Swimming membership and certification. Deck Pass is acceptable proof of USA Swimming membership. There will be an officials' meeting 1 hour prior to each session in the officials' room. All USA Swimming certified officials are welcome. If you are able to work as a S&T Judge, contact the Meet Referee, however you are not required to do so in order to officiate.</p> <p>CJs/Starters/Referees: Officials who are interested in assigned positions should complete an Application to Officiate found on the Southern Zone website, www.szoneswim.com by June 1.</p> <p>Uniform for this meet is white shirts with khaki bottoms for prelims and blue shirts with khaki bottoms for finals.</p> <p>National Officials Evaluations: This meet has been approved as an Officials Qualifying Meet for N2 and N3 all positions by USA Swimming. Officials wishing to be evaluated may submit an application to the Meet Referee by June 21. Officials are required to work a minimum of 4 sessions to be evaluated. Evaluation requirements and applications can be found at www.USASwimming.org.</p>
MEET COMMITTEE	A meet committee will consist of two coaches and two swimmers selected at random, plus the Meet Referee, Meet Director, and ESSZ Chair or their designees.
HOSPITALITY/ CONCESSIONS	Concessions will be available for sale for spectators and athletes. There will be a hospitality area open to all coaches and officials. In addition, two large, climate-controlled tents will be on the premises for use by athletes and officials. On-site shuttle service will be available from the outer parking lot areas to the aquatic center front doors.
SWIMMERS WITH DISABILITIES	The host team welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in this meet. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit the host team's ability to accommodate all requests.
BAD WEATHER	In case of an "Act of God" or bad weather scenario that jeopardizes a session, meet management will make the final decision how the meet will safely proceed.
COMMENTS	Any comments regarding the conduct of the meet or problems that are not resolved in a satisfactory fashion should be communicated in writing to the ESSZ Chair.
TRAVEL INFO	Please see information posted on the host team website: www.shockwaveaquatics.com . Airline, Bus, Car and Taxi information as well as hotel, hotel rates and contact information is available there.

Speedo Champions Series ESSZ Summer LC Senior Championships

FINALS ORDER OF EVENTS

Thursday

Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:30 Finals Start: 6:00

Women's Event	Event Qualifying Standard		Event	Event Qualifying Standard		Men's Event
	SCY	LCM		LCM	SCY	
1	10:42.49	9:32.39	800M Free*	8:59.39	10:08.19	2
3	2:11.49	2:30.49	200 IM	2:18.39	1:59.79	4
5	0:24.69	0:28.49	50 Free	0:25.89	0:22.29	6
7	2:10.29	2:27.89	200 Fly	2:15.09	2:00.09	8
9	n/a	n/a	400 Free Relay**	n/a	n/a	10

*Positive check in deck seeded event. Top 8 swim in Finals. Other heats swim at the end of Prelims 10 minutes after last heat of 200 Fly. Note that event order differs for Prelims. ** All Thursday relays swim in Finals.

Friday

Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:30 Finals Start: 6:00

Women's Event	Event Qualifying Standard		Event	Event Qualifying Standard		Men's Event
	SCY	LCM		LCM	SCY	
11	1:55.89	2:12.29	200 Free	2:02.09	1:47.29	12
13	1:00.29	1:09.89	100 Backstroke	1:03.39	0:54.79	14
15	4:37.79	5:17.59	400 IM*	4:54.79	4:16.59	16
17	n/a	n/a	400 Medley Relay**	n/a	n/a	18

*Positive check in deck seeded event. **All Friday relays swim in Finals.

Saturday

Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:30 Finals Start: 6:00

Women's Event	Event Qualifying Standard		Event	Event Qualifying Standard		Men's Event
	SCY	LCM		LCM	SCY	
19	5:07.79	4:37.49	400 Free*	4:19.89	4:49.69	20
21	0:59.39	1:07.59	100 Fly	1:00.69	0:53.89	22
23	1:08.29	1:18.69	100 Breast	1:10.79	1:01.89	24
25	n/a	n/a	800 Free Relay**	n/a	n/a	26

*Positive check in deck seeded event. ** Top 2 heats of each relay swim in Finals. All others swim at the end of Prelims.

Sunday

Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:00 Finals Start: 5:30

Women's Event	Event Qualifying Standard		Event	Event Qualifying Standard		Men's Event
	SCY	LCM		LCM	SCY	
27	0:53.79	1:01.29	100 Free	0:56.69	0:48.79	
	17:38.49	18:17.69	1500 Free*	---	---	28
29	---	---	200 Breast	2:34.19	2:14.79	
	2:27.69	2:49.69	200 Breast	---	---	30
31	---	---	1500 Free*	17:13.49	16:53.69	32
33	2:09.69	2:30.19	200 Back	2:17.39	1:59.09	34

*Positive check in deck seeded event. AM/PM option. Top 8 selecting PM swim in Finals. Other heats swim at the end of Prelims 10 minutes after the last heat of 200 Backstroke. Note that event order differs for Prelims.

ESSZ Summer LC Senior Championships Contact, Entry Summary/Payment/Waiver Form

Complete the coach contact form, the entry summary/payment form, and the waiver form. Mail/Email forms along with entry fee checks payable to **Shockwave Aquatic Team** to:

***Preferred Method: Please bring payment and the above mentioned forms and turn in at team check-in at the aquatic center. (if needed, mail to: Shockwave Aquatic Team P.O. Box 3423 Tupelo, MS 38803; Questions: sz.sr.sectionals@gmail.com / 847.809.9550.)**

Coach Contact Form

Team Name	
Club Code-LSC	
Head Coach	
Head Coach Phone	
Head Coach Email	

Please list all coaches attending this meet to assist with meet communications.

Coach Name	Cell Phone	Email

ESSZ Summer Senior LC Championships Event Summary/Payment, Waiver, and Liability Release:

Team Name:		Club Code/LSC:
Head Coach:		
Coach Cell Phone:	Coach Email:	
Team Address:		

Entry Summary:	Total Swimmers	Total Individual Entries	Total Relay Entries	
Women				
Men				
Total Swimmers				
Fees per swimmer/event	\$25.00	\$10.00	\$20.00	
Total Fees Due	\$	\$	\$	\$

MAKE CHECKS PAYABLE TO Shockwave Aquatics Team. All forms and payment must be received for entries to be considered complete. Mail to:

Shockwave Aquatic Team P.O. Box 3423 Tupelo, MS 38803. *Preferred Method: Please bring payment and forms with you and turn in at team check-in at the aquatic center.

Questions: sz.sr.sectionals@gmail.com/847.809.9550

ESSZ Membership: Is your club a member of the Eastern Section of the Southern Zone? Yes / No

Waiver 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 acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and [LSC] regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Tupelo Aquatic Center, Mississippi Swimming, Inc., Shockwave Aquatic Team, USA Swimming Southern Zone, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of 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 (Coach or Club Representative)

TITLE/CLUB/DATE