



**2018 Southern Zone Long Course Championships**  
**July 31<sup>st</sup> – August 4<sup>th</sup>, 2018**  
**Huntsville Aquatics Center**  
**Huntsville, AL**



This meet will be conducted under the auspices of the Southern Zone of USA Swimming and 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.

Held under the sanction of USA Swimming and Southeastern Swimming, Inc.-

**Sanction Number:** 18SEHSA7-31

**Sanction Number for Time Trial:** 18SE7-31TT

**HOSTED BY:** Huntsville Swim Association, P.O. Box 1102, Huntsville, AL 35807

**LOCATION:** Huntsville Aquatics Center, 2213 Drake Ave. SW, Huntsville, AL 35805

**FACILITIES:** 8-lane, 50 meter competition pool with consistent 7-foot depth, non-turbulent lane lines, and fully automatic Colorado electronic timing system and scoreboard with lane/time/place display. In addition, there is an 8-lane, 50 meter warm-up/ warm-down pool ranging in depth from 4 feet to 12 feet in depth.

The competition course is compliant, but has not been certified in accordance with 104.2.2C(4). Course measurements will be verified before the start of the meet.

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.

Drones are not allowed.

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

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."

**SWIMMERS:** Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**OFFICIALS:** Meet Director: Bethany King  
bfking205@gmail.com

Meet Referee: Dave Smith  
das.davesmith@gmail.com

Administrative Official: Duffy Amos  
dufjon@bellsouth.net

**ELIGIBILITY:** All participants must be USA Swimming registered athletes. Entries are also limited to only athletes and teams in the Southern Zone. Entries will not be accepted without CURRENT registration numbers. Coaches and officials must present evidence of certification (card/deckpass) as required by Southeastern Swimming. A swimmer's age on the first day of the meet will determine his or her age for the entire meet. No on-deck registrations will be allowed.

**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 schedule prior to the start of the meet warm-up. 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. A Swimmer Assignment Form will be completed for all swimmers without coaches.

**STARTING TIMES:**

Monday, July 30<sup>th</sup> Competition Pool will be open for warm-ups from 2:00 pm- 7:30 pm

		Warm-up	Competition
Tuesday, July 31 <sup>st</sup>	Timed Finals (800FR)	12:30-1:45 pm	2:00 pm
	Timed Finals (200 MR)	4:45-5:45 pm	6:00 pm
Wednesday, August 1 <sup>st</sup>	Prelims	6:45-8:45 am	9:00 am
	Finals	3:45-5:15 pm	5:30 pm
Thursday, August 2 <sup>nd</sup>	Prelims	6:45-8:45 am	9:00 am
	Finals	3:45-5:15 pm	5:30 pm
Friday, August 3 <sup>rd</sup>	Prelims	6:45-8:45 am	9:00 am
	Finals	3:45-5:15 pm	5:30 pm
Saturday, August 4 <sup>th</sup>	Prelims	6:45-8:45 am	9:00 am
	Finals	3:45-5:15 pm	5:30 pm

**ENTRIES:** Teams should submit entries via e-mail using a HYTEK TM entry file or similar format to coachmatt@swimhsa.org. Non-electronic entries will not be permitted.

**DISABILITIES:** Swimmers with disabilities are welcome and must complete the information Form for Disabled Swimmers and return it with the entries.

**DEADLINE:** Entry file must be e-mailed to [coachmatt@swimhsa.org](mailto:coachmatt@swimhsa.org) no later than 12:00 pm central time, Tuesday, July 24<sup>th</sup>, 2018. Checks and waivers need to be presented at on-site Team check-in.

**AFTER DEADLINE QUALIFIERS:** Times achieved after the entry deadline (Tuesday, July 24<sup>th</sup>, 2018) will be accepted until 12:00 pm central time, Monday, July 30<sup>th</sup>, 2018. This process is only for new qualifiers achieving new times from July 25<sup>th</sup>, 2018 to Monday, July 30<sup>th</sup>, 2018. New swimmers and/or events should be e-mailed using the attached late entry form.

**LATE ENTRIES:** Late entries will be accepted on a lane available basis only Wednesday, August 1<sup>st</sup>, 2018, through Saturday, August 4<sup>th</sup>, 2018, mornings from 7:30 am until 8:30 am.

<b>FEES:</b>	Individual event	\$6.00	Late Individual event	\$12.00
	Relay event	\$12.00	Late Relay event	\$24.00
	SES Surcharge	\$3.00	SES Surcharge	\$3.00
	Non-SES Surcharge	\$5.00	Non SES Surcharge	\$5.00
	Facility Surcharge	\$15.00	Late Facility Surcharge	\$15.00

Clubs should submit a single check, payable to **Huntsville Swim Association**, for the full amount. All fees must be paid at Team on-site check-in. Once a swimmer is entered in the meet, teams are responsible for entry fees, even if the swimmer does not swim. No refunds will be given.

**QUALIFYING TIMES:** See attachment for times. Swimmers must be qualified to swim the events entered. Events may be qualified for by meeting meters or yards qualifying times. The entry qualification period for this meet is January 1, 2017- July 30, 2018. All swimmers must have met the “2018 Southern Zone Senior Long Course Championships Time Standards” for each event entered (except for bonus entries, see rules below).

**BONUS EVENTS:** Swimmers achieving 1 qualifying time for the meet will receive 1 bonus swim, 2 qualifying times will receive 2 bonus swims, 3 qualifying times will receive 3 bonus swims. Swimmers with 4 or more qualifying times can use bonus times to reach the event maximum of six events. Indicate a bonus event entry by checking the appropriate check box. The 800 Free and 1500 Free may not be swum as bonus events.

**CUT-OFF TIMES:** Any swimmer who has achieved a current 2018 Phillips 66 Nationals “A” Time Standard (LCM or SCY) in that event prior to the Tuesday, July 24<sup>th</sup>, 2018, entry deadline is **INELIGIBLE** to compete in that event (or in the same stroke and distance on a relay).

**LIMITS:** Swimmers may compete in a maximum of three (3) individual events per day (time trial events are included in the 3 event/day limit). Swimmers may compete in a maximum of six (6) individual events for the entire meet (time trial events are not included in the 6 event/meet limit).

**RELAYS:** All relay members must be entered in at least one individual event. Teams may enter two (2) entries per relay event that will count towards team scores. Additional entries per relay event may be entered, but will be swum as exhibition. The time for each relay may be submitted as a composite or aggregate time.

**50's OF STROKE:** The time standard for the 50 Butterfly, Backstroke, and Breaststroke will be the corresponding 100 meters/yards time standard. Swimmers should enter at their best 100 meters/yards time.

**TIME TRIALS:** Time permitting, time trials will be conducted after the Wednesday, Thursday, Friday, and Saturday prelims sessions for swimmers already entered into the meet, at a coach's or swimmer's request, and the Meet Referee's concurrence. Fees will be \$10.00 for individual events, and \$20.00 for relay events. Time trial entries will only be accepted on the day of the time trial, and entries will close 90 minutes prior to the end of the preliminary session. 800 and 1500 Free time trials will only be offered on Saturday, and may be combined with the slowest heat of the actual event during the preliminary session. All time trial swimmers must provide their own timers and lap counters.

**MEET FORMAT:** This is a prelims/finals meet, with the exception of the 800 Free, 1500 Free, and all relays, which will be timed finals. All events will be pre-seeded except the 400 Free, 400 IM, 800 Free, 1500 Free, and all Relays, which will be deck-seeded. Swimmers must sign-in with the Clerk of Course for all deck-seeded events. Swimmers 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. Sign-in deadlines will be:

800 FR	Tuesday, July 31 <sup>st</sup>	1:15 pm
400 IM	Thursday, August 2 <sup>nd</sup>	8:30 am
400 FR	Friday, August 3 <sup>rd</sup>	8:30 am
1500 FR*	Saturday, August 4 <sup>th</sup>	8:30 am

\* Swimmers in the 1500 FR must indicate their preference to swim AM or PM, and the fastest 8 women and fastest 8 men that elect to swim PM will swim in finals. All other 1500 Free Heats will be swum fastest to slowest, alternating women and men as the last events at prelims. Swimmers must provide their own timers and counters for the 800 Free and the 1500 Free.

Relays will be deck seeded and will swim as timed final events during the finals sessions. Relay heats will be swum as follows: Women's 2<sup>nd</sup> fastest heat, Women's fastest heat, Men's 2<sup>nd</sup> fastest heat, Men's fastest heat, and the rest of the heats swum fast to slow, alternating women's and men's heats.

Championship, Consolation, and Bonus finalists and relays should report directly to the starting blocks. Championship finalist's names will be announced before the start of the heat. The names of all other finalists will be announced after the start of each heat.

**SCRATCH RULE:** Swimmers failing to swim in an individual Final, Consolation, or Bonus Final without scratching prior to the scratch deadline, which is 30 minutes after Preliminary results are posted, or failing to swim an individual event in which they have positively checked in for (i.e. 400IM, 400Free, etc.) will be subject to penalty. The penalty for failure to compete will be one of the following:

- Will be barred from further competition in the meet
- Payment of a fine of \$25.00 cash to the Administrative Referee.

Swimmers deemed by the Meet Referee or Administrative Referee to have missed due to sickness, or other circumstances out of the swimmers control, will not be subject to penalty.

**STARTS: At the Meet Referee's discretion, chase starts may be implemented in order to ensure each session is completed in a timely manner.**

**SCORING:** Individual events: 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay events: 64-56-54-52-50-48-46-44-40-34-32-28-26-24-22-18-14-12-10-8-6-4-2

**AWARDS:** Team Awards: 1<sup>st</sup>-3<sup>rd</sup> place- Combined, 1<sup>st</sup>-3<sup>rd</sup> place- Women, 1<sup>st</sup>-3<sup>rd</sup> place- Men  
Individual Events: Medals for 1<sup>st</sup>-8<sup>th</sup> place  
Relays: Medals for 1<sup>st</sup>-8<sup>th</sup> place

**COACHES' CORNER:** A general coaches' meeting will be held on Tuesday, July 31<sup>st</sup>, 2018 at 1:45 pm. All teams will need to check-in prior to deck entry to receive coaching and athlete deck passes. Team check-in will be located in the Huntsville Aquatics Center Conference Room. Coaches will need to prove their valid USAS non-athlete coach membership via the Deck Pass app or their membership card to receive their Coaching Deck Pass.

**OFFICIALS' CORNER:** All officials planning on being at the meet and working some or all sessions should contact the Meet Referee. Officials working the meet will also check-in at the Team check-in room, located in the Huntsville Aquatics Center Conference room to acquire their deck pass credentials. There will be an officials' meeting 30 minutes prior to each session.

**MEDIA CREDENTIALS:** Only members of the media that can present valid media credentials will be issued deck credentials as photographers. These credentials can be picked up in the Huntsville Aquatics Center conference room.

**RESULTS AND HEAT SHEETS: There will not be printed heat sheets for sale during the meet. Electronic heat sheets will be available through Real Time Results, at [www.swimhsa.org](http://www.swimhsa.org), and on Meet Mobile.**

**CONCESSIONS:** Concessions will be available in the lobby of the Huntsville Aquatics Center, provided by several different vendors.

**HOSPITALITY:** A hospitality room will be available for coaches and officials.

**ATHLETE HOSPITALITY:** Fruit, granola bars, water, etc. will be available for athletes throughout the meet.

**MERCHANDISE:** First Place Athletics will be on-site selling suits, goggles, etc. A t-shirt vendor will also be on-site.

**PARKING:** The pool has roughly 450 on-site parking spots that will be on a first-come, first-served basis. Additional off-site parking will be available if needed, with free shuttling provided. Off-site parking is roughly 0.4 miles from the pool. There is also a swimmer drop-off lane in the front of the facility.

**FACILITY RULES:** No hard-sided coolers or folding chairs are allowed in the facility.

**EVENT ORDER:****Tuesday, July 31<sup>st</sup>, 2018**

Timed Finals- 2:00 pm/ 6:00 pm

**Women Event #****Event Name****Men Event #**

1	800 Free	2
3	200 Medley Relay	4
5	200 Free Relay	6
	Event #7	Mixed 200 Medley Relay
	Event #8	Mixed 200 Free Relay

- All heats of the 800 Freestyle will be swum fastest to slowest, alternating women's and men's heats.
- The 200 Medley/ 200 Free relays will be swum 2<sup>nd</sup> fastest heat of women, fastest heat of women, 2<sup>nd</sup> fastest heat of men, fastest heat of men. All remaining heats will swim fast to slow alternating women and men.
- The check in deadline for the 800 Freestyle will be 1:15 pm. Relay cards are due by 5:00 pm.
- Awards will be presented immediately following each event.

Prelims- 9:00 am

**Wednesday, August 1<sup>st</sup>, 2018**

Finals- 5:30 pm

**Women Event #****Event Name****Men Event #**

9	100 Free	10
11	200 Breast	12
13	200 Back	14
15	200 Fly	16
17	50 Breast	18
19	800 Free Relay	---

- All heats of the women's 800 Free Relay will be swum at Finals, fastest to slowest.
- Awards will be presented immediately following each event.

Prelims- 9:00 am

**Thursday, August 2<sup>nd</sup>, 2018**

Finals- 5:30 pm

**Women Event #****Event Name****Men Event #**

21	50 Back	22
23	200 Free	24
25	400 IM	26
27	50 Fly	28
—	800 Free Relay	30

- All heats of the men's 800 Free Relay will be swum at Finals, fastest to slowest. Relay cards due by 4:45 pm.
- Awards will be presented immediately following each event.

Prelims- 9:00 am  
**Women Event #**

**Friday, August 3<sup>rd</sup>, 2018**  
**Event Name**

Finals- 5:30 pm  
**Men Event #**

31	100 Back	32
33	400 Free	34
35	100 Breast	36
37	100 Fly	38
39	400 Free Relay	40

- All heats of the 400 Free Relay will be swum at Finals. Relay cards are due by 4:45 pm.
- The 400 Free Relays will be swum 2<sup>nd</sup> fastest heat of women, fastest heat of women, the 2<sup>nd</sup> fastest heat of men, the fastest heat of men, All remaining heats will swim fast to slow, alternating women and men.
- Awards will be presented immediately following each event.

Prelims- 9:00 am  
**Women Event #**

**Saturday, August 4<sup>th</sup>, 2018**  
**Event Name**

Finals- 5:30 pm  
**Men Event #**

41	1500 Free	—
43	200 IM	44
—	1500 Free	46
47	50 Free	48
49	400 Medley Relay	50

- At check-in, 1500 Free swimmers must determine their preference to swim AM or PM, and the fastest 8 women and fastest 8 men to elect to swim PM will swim in finals. All other 1500 Free heats will be swum fastest to slowest, alternating women and men as the last events at prelims.
- All heats of the 400 Medley Relay will be swum at Finals. Relay cards due by 4:45 pm.
- The 400 Medley Relays will be swum 2<sup>nd</sup> fastest heat of women, fastest heats of women, 2<sup>nd</sup> fastest heat of men, fastest heat of men. All remaining heats will swim fast to slow, alternating women and men.
- Awards will be presented immediately following each event.

**EVENT ORDER FOR TIME TRIALS:**

<b>Tuesday July 31, 2018</b>	<b>Wednesday August 1, 2018</b>		<b>Thursday August 2, 2018</b>		<b>Friday August 3, 2018</b>		<b>Saturday August 4, 2018</b>	
<b>No Time Trials</b>	<b>Event #</b>	<b>Event</b>	<b>Event #</b>	<b>Event</b>	<b>Event #</b>	<b>Event</b>	<b>Event #</b>	<b>Event</b>
	201-202	200 M.R.	301-302	50 Back	401-402	100 Back	501-502	800 Free
	203-204	200 F.R.	303-304	200 Free	403-404	400 Free	503-504	1500 Free
	205-206	100 Free	305-306	400 I.M.	405-406	100 Breast		
	207-208	200 Breast	307-308	50 Fly	407-408	100 Fly		
	209-210	200 Back	309-310	800 F.R.	409-410	400 F.R.		
	211-212	200 Fly	311-312	100 Back	411-412	200 IM		
	213-214	50 Breast	313-314	400 Free	413-414	50 Free		
	215-216	50 Back	315-316	100 Breast	415-416	400 M.R.		
	217-218	200 Free	317-318	100 Fly	417-418	200 M.R.		
	219-220	400 I.M.	319-320	400 F.R.	419-420	200 F.R.		
	221-222	50 Fly	321-322	200 IM	421-422	100 Free		
	223-224	800 F.R.	323-324	50 Free	423-424	200 Breast		
	225-226	100 Back	325-326	400 M.R.	425-426	200 Back		
	227-228	400 Free	327-328	200 M.R.	427-428	200 Fly		
	229-230	100 Breast	329-330	200 F.R.	429-430	50 Breast		
	231-232	100 Fly	331-332	100 Free	431-432	50 Back		
	233-234	400 F.R.	333-334	200 Breast	433-434	200 Free		
	235-236	200 IM	335-336	200 Back	435-436	400 I.M.		
	237-238	50 Free	337-338	200 Fly	437-438	50 Fly		
	239-240	400 M.R.	339-340	50 Breast	439-440	800 F.R.		

Time trials for the 800/1500 Free may be swum in open lanes of the regular 1500 Free at the meet referee's discretion.



**AFTER DEADLINE QUALIFIER ENTRY FORM**

Swimmer Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_

Gender: \_\_\_\_\_ DOB: \_\_\_\_\_ USAS #: \_\_\_\_\_

Team: \_\_\_\_\_ LSC: \_\_\_\_\_

Event #	Event	Entry Time	Meet Achieved	Meet Date

Swimmer Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_

Gender: \_\_\_\_\_ DOB: \_\_\_\_\_ USAS #: \_\_\_\_\_

Team: \_\_\_\_\_ LSC: \_\_\_\_\_

Event #	Event	Entry Time	Meet Achieved	Meet Date

Swimmer Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_

Gender: \_\_\_\_\_ DOB: \_\_\_\_\_ USAS #: \_\_\_\_\_

Team: \_\_\_\_\_ LSC: \_\_\_\_\_

Event #	Event	Entry Time	Meet Achieved	Meet Date

## 2018 SOUTHERN ZONE SENIOR LONG COURSE CHAMPIONSHIPS TIME STANDARDS

(The entry qualification period for this meet is January 1, 2017 - July 24, 2018)

Women				Men		
LCM	SCY	SCM	Events	SCM	SCY	LCM
29.89	26.39	29.09	50 Free	26.19	23.69	26.79
1:05.09	57.19	1:03.19	100 Free	57.09	51.69	59.39
2:20.39	2:03.09	2:16.09	200 Free	2:04.69	1:52.79	2:09.29
4:54.49	5:29.09	4:48.09	400 Free	4:27.89	5:06.09	4:34.19
10:08.99	11:21.19	9:56.09	800 Free	9:15.69	10:34.99	9:35.39
19:29.59	18:57.79	18:51.19	1500 Free	17:37.89	17:44.09	18:11.69
100 Back Qualifying Times			50 Back	100 Back Qualifying Time		
1:12.49	1:01.99	1:08.49	100 Back	1:02.09	56.19	1:06.09
2:35.29	2:14.79	2:28.99	200 Back	2:15.99	2:03.09	2:22.69
100 Breast Qualifying Times			50 Breast	100 Breast Qualifying Time		
1:21.79	1:11.39	1:18.89	100 Breast	1:10.49	1:03.79	1:13.79
2:57.69	2:34.59	2:50.79	200 Breast	2:33.09	2:18.59	2:41.39
100 Fly Qualifying Times			50 Fly	100 Fly Qualifying Time		
1:10.29	1:01.89	1:08.39	100 Fly	1:01.99	56.09	1:03.59
2:34.59	2:16.99	2:31.39	200 Fly	2:17.49	2:04.39	2:21.89
2:38.99	2:18.19	2:32.69	200 IM	2:18.69	2:05.49	2:25.09
5:35.09	4:53.69	5:24.59	400 IM	4:58.69	4:30.29	5:07.29
NTS	NTS	NTS	200 Medley Relay	NTS	NTS	NTS
NTS	NTS	NTS	200 Free Relay	NTS	NTS	NTS
NTS	NTS	NTS	200 Mixed Medley Relay	NTS	NTS	NTS
NTS	NTS	NTS	200 Mixed Free Relay	NTS	NTS	NTS
NTS	NTS	NTS	400 Medley Relay	NTS	NTS	NTS
NTS	NTS	NTS	400 Free Relay	NTS	NTS	NTS
NTS	NTS	NTS	800 Free Relay	NTS	NTS	NTS



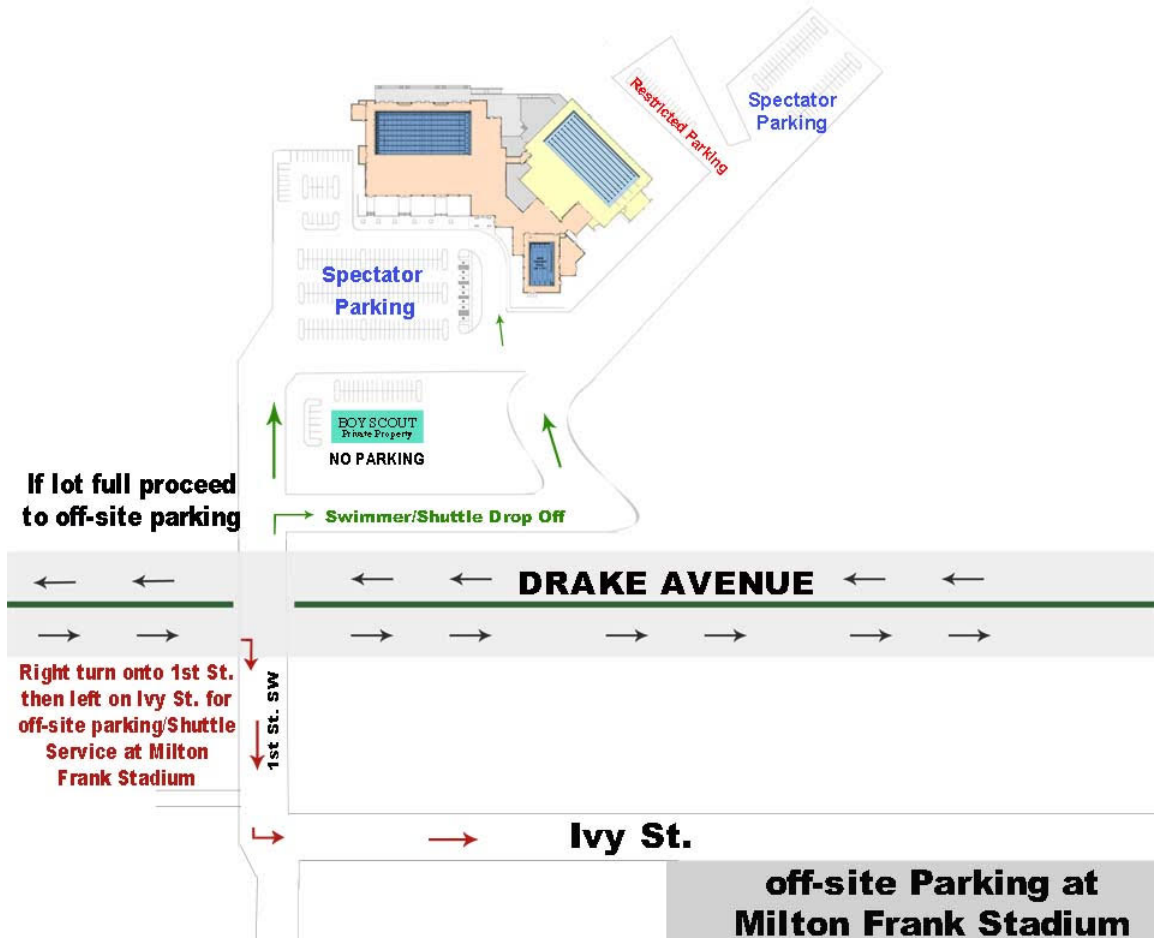
# TIME STANDARDS

# 2018

## PHILLIPS 66 NATIONAL CHAMPIONSHIPS

Women			Men	
SCY	LCM		LCM	SCY
22.29	25.99	50 Freestyle	23.19	19.79
48.89	56.39	100 Freestyle	50.49	43.09
1:45.89	2:01.79	200 Freestyle	1:51.39	1:35.59
4:43.79	4:16.89	400/500 Freestyle	3:57.79	4:19.39
9:48.09	8:48.09	800/1000 Freestyle	8:12.99	9:04.99
16:18.09	16:49.19	1650/1500 Freestyle	15:44.89	15:10.09
53.29	1:02.99	100 Backstroke	56.79	46.79
1:55.39	2:15.59	200 Backstroke	2:03.29	1:44.79
1:00.69	1:10.99	100 Breaststroke	1:03.29	53.39
2:11.69	2:33.79	200 Breaststroke	2:18.09	1:58.29
52.99	1:00.89	100 Butterfly	54.49	47.29
1:57.79	2:14.59	200 Butterfly	2:01.69	1:45.09
1:58.29	2:17.99	200 Individual Medley	2:04.69	1:45.19
4:12.09	4:53.19	400 Individual Medley	4:26.89	3:46.99
x	3:52.69	4x100 Free Relay	3:29.29	x
x	8:22.19	4x200 Free Relay	7:42.79	x
x	4:18.29	4x100 Medley Relay	3:50.09	x

## Parking Map



**2018 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.

All swimmers, coaches and officials involved with USA Swimming competition must be registered. Additionally, meet directors

I 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 host 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:	
Title:	
Club:	Date:

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.

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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.

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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:  
Meet Referee Email:  
Disability Chair Email: robin@seastarsaquatics.org