



# SPEEDO MUSIC CITY INVITE

December 4-6, 2020

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming. Current USA Swimming technical rules and regulations, including the Minor Athlete Abuse Protection Policy (“MAAPP”) 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:**

**SANCTION NUMBER FOR TIME TRIAL:**

HOST CLUB: Nashville Aquatic Club

LOCATION: Tracy Caulkins Competition Pool at Centennial Sportsplex 222 25<sup>th</sup> Avenue N Nashville, TN 37203

**FACILITY:** Indoor 50 meter by 25 yard pool divided by two 4-foot wide bulkheads into two 25 yard pools. Competition pool 1 runs from 7 feet at starting end to 8 feet deep, Competition pool 2 runs from 12 feet at starting end to 8 ½ feet deep. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Separate warm down pool will be available. Wireless live results will be available at [www.swimnac.com](http://www.swimnac.com).

**ELIGIBILITY:** All participants must be USA Swimming registered athletes or the swimmer’s own National equivalent. Entries will not be accepted without current registration numbers. Coaches and officials must present evidence of certification 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. On deck registration will not be available.

**Covid-19 –Liability Disclaimer:** An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SOUTHEASTERN SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER

KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

### **COVID19 Screening and Protocols:**

Sessions are limited to 165 people in the building per session

- 6 officials will be used and rotated throughout the sessions
- 10 coaches on deck
- 8 volunteers will be used for timing each session
- Each person that enters the facility will be screened and given a temperature check.
  - We will ask each family to screen their swimmers before leaving their home for signs of illness and a temperature above 100.4
  - Once arriving at the facility, they will wear a face covering and stay 6 feet apart as they get checked in 15 minutes before their designated warm up time
  - Once cleared to enter the facility they are assigned a space and chair that are at least 6 feet apart from others and they will report there and stay until further instructions from their coach.
  - Swimmers must stay in their masks until they are about to race or warm up/down.
  - During warm up, lanes will have 3 to a lane with swimmers starting on opposite ends and never sharing the same wall. Please avoid crowding behind the blocks before practice starts.
  - Once warm up is completed your swimmer will go back to their number where they will remain till their event.
  - 2 Heats allowed behind the block at a time. Swimmers will wear their mask as soon as they have exited the pool.
  - Warm up and Warm down between events: 16 lanes will be used with 3 max per lane with a volunteer/coach monitoring social distancing.
  - Once events are completed athletes will clean up their area and exit the building through a different door than the entrance.
  - We will have a 15-minute break between sessions to allow for disinfecting and sanitizing of the facility.
  - All equipment will be wiped down from the timers as well: stop watches, clipboards, timing plungers etc.
  - Volunteers, officials, and coaches will wear a mask while in the building and will be screened and given a temperature check.

**Time Standard:** Any 13 and Over swimmer with a SCY Southeastern time in their current age group achieved since 9/1/2019 will be in the qualifying session. All other swimmers will be in the Non-Qual session. Southeastern Times can be found [here](#).

### **MEET SESSIONS:**

#### Friday, December 4th

NON-QUALIFYING 13&O: Warm Up 3pm. Session Begins 4pm

QUALIFYING 13&O: Warm Up 5:30pm. Session Begins 6:30pm

#### Saturday, December 5th

9 & 10 Year Old Session: Warm Up 8am. Session Begins 9am

11 & 12 Year Old Session: Warm Up 10:30am. Session Begins 11:30am

Non Qualifying 13&Over: Warm Up 1pm. Session Begins 2:00pm

Qualifying 13&Over: Warm Up 3:30pm. Session Begins 4:30pm

#### Sunday, December 6th

9 & 10 Year Old Session: Warm Up 8am. Session Begins 9am

11 & 12 Year Old Session: Warm Up 10:30am. Session Begins 11:30am

Non Qualifying 13&Over: Warm Up 1pm. Session Begins 2:00pm

Qualifying 13&Over: Warm Up 3:30pm. Session Begins 4:30pm

### **WARM-UP TIME NOTES:**

- Warm-up start/end times and duration of warm-ups may be adjusted at the discretion of the Meet Director.
- Start times for sessions are approximate. An accurate timeline will be posted when available.
- Teams will be split into 2 separate warm-up times (#1 or #2). There will be assigned lanes in the competition pool and the small pool.

### **AGE GROUPS:**

- Non-Qualifying Sessions: 10-U, 11-12, and 13 &Over
- Qualifying Sessions: 13& Over only.
- Age on the first day of competition determines age group for the entire meet.

### **INDIVIDUAL EVENTS:**

- Timed finals for all events.

**Start Certification:** 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 without the use of the backstroke ledge. 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.

**Tech Suits:** No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

A Technical Suit is one that has the following components:

- A. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- B. Any suit with woven fabric extending past the hips.

**SEEDING:** Events will be pre-seeded.

**DISABLED SWIMMERS:** Check in with the Meet Director and submit attached Disabled Swimmer Form.

**QUALIFYING SESSION ELIGIBILITY:** Any 13 and Over swimmer with a SCY Southeastern time in their current age group achieved since 9/1/2019 will be in the qualifying session. All other swimmers will be in the Non-Qual session. Southeastern Times can be found [here](#). Swimmers must meet the minimum qualifying times for ONE (1) or more of their individual events to be eligible to compete in the qualifying session.

**NON-QUALIFYING SESSION ELIGIBILITY:** All swimmers who do not meet the eligibility requirements for the Qualifying Sessions are eligible to swim in the Non-qualifying Sessions.

**ENTRIES:**

- Teams are to submit entries using a HYTEK meet entry file to [entry@swimnac.com](mailto:entry@swimnac.com). All entries must be received by Friday, November 27th.
- HYTEK event file, psych sheets, daily results and other meet information will be posted at [www.swimnac.com](http://www.swimnac.com) as it becomes available.
- Entries from individual athletes will not be accepted. All entries must come from a coach associated with the club.
- NAC reserves the rite of sole discretion to determine which team entries are accepted. In exercising this discretion, NAC may consider the number of officials provided by the team, balance of age groups and gender in entries, level of competition and geographic location.

**QUALIFYING SESSION ENTRY LIMITS:**

- All swimmers may enter and swim no more than Two (2) individual events per day and no more than SIX (6) individual events in the entire meet.
- The Qualifying Sessions will be limited to 125 swimmers.

**NON-QUALIFYING SESSION ENTRY LIMITS:**

- All swimmers may enter and swim no more than Two (2) individual events per day and no more than SIX (6) individual events in the entire meet.
- The Non-Qualifying sessions will be limited to 125 swimmers.

**DECK ENTRIES:** Deck entries will not be accepted.

**TIME TRIALS:**

- Time trials may be held upon reasonable request at the discretion of the meet referee and must be requested by a USA Swimming coach.
- Swimmers must provide their own time for each event.
- Time trials will be held after the Qualifying session each night and time permitting.
- Swimmers may not exceed a total of Three (3) individual events, including time trial events, per day.
- Swimmers may not exceed a total of Six (6) individual events, including time trial events, per day.
- Only swimmers already entered in the meet are eligible for time trials.

**ENTRY FEES:** Individual Events \$10.00  
LSC/Out of LSC Surcharge \$4.00

Facility Surcharge \$22.00

Meet Entry fees may be paid via check or credit card. **Please note that credit card payments will incur a 3.5% cc processing fee.** Payment is due and must be turned in to the Meet Director upon check-in for coaches at the first session of the meet. **For teams who mail a check to the NAC PO Box, please note that mailed checks must be received prior to the first session of the meet.** Proof of payment must be shown if a mailed check is not yet received. All entry fees are non-refundable.

**MAIL CHECKS & SIGNED WAIVER TO: NASHVILLE AQUATIC CLUB**

**PO BOX 128318  
NASHVILLE, TN 37212**

*Please submit entries to:*

**ENTRY CHAIR**

**Jack Folcarelli**

**[Entry@SwimNAC.com](mailto:Entry@SwimNAC.com)**

*Please direct questions to:*

**MEET DIRECTOR**

**[MeetDirector@SwimNAC.com](mailto:MeetDirector@SwimNAC.com)**

NOTE: HYTEK event file, psych sheet, daily results and other meet information will be posted on the NAC website ([www.swimnac.com](http://www.swimnac.com)) as it becomes available.

**HEAT SHEETS:** Only Electronic Heat Sheets will be available. These will be able to be accessed on the NAC website in a printable format.

**SCORING:** The meet will not be scored.

**OFFICIALS:**

**MEET REFEREE**

**ADMIN OFFICIAL**

**[MeetRef@SwimNAC.com](mailto:MeetRef@SwimNAC.com)**

**[AdminOfficial@SwimNAC.com](mailto:AdminOfficial@SwimNAC.com)**

We ask for your teams to help in supplying officials for the meet. Anyone in the process of achieving certification through on-deck training is welcome. Contact [MeetRef@SwimNAC.com](mailto:MeetRef@SwimNAC.com) with questions or sessions that can be worked. Your help is greatly appreciated.

**MEETINGS:** If a coaches meeting is deemed necessary, the Meet Director will provide information regarding time and location at coaches' check-in. Timers will meet 30 minutes prior to each session. Officials will meet 1 hour prior to every session for briefings.

**WARM-UPS:** SES Warm-up procedures and Meet Safety Guidelines will be in effect. The Meet Director will post warm-up lane assignments prior to the start of the meet. 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 RULES:**

- The Centennial Sportsplex respectfully asks that NO outside food or drink be brought into the building.
- NO food or drink (with the exception of water bottles) shall be brought into the pool area.
- NO coolers shall be brought into the building.

- Concessions will not be available for sale by Sportsplex Personnel.
- Only Swimmers, Coaches and Meet Personnel shall be permitted on the pool deck at any time. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, and locker rooms.
- No cameras, audio or visual recording devices allowed on deck without proper credentials.

**SPECIAL NOTES:**

- In accordance with Southeastern Swimming Guidelines, overhead starts, whistle starts, and the "no recall rule" will apply.
- The Meet Director reserves the right to combine heats and/or events, limit any event, or run the non-qualifying session in two pools in order to facilitate the conduct of the meet and to run the meet within the time allocated. May also shift age groups in pools during the prelim/finals to conduct meet within the time allocated.
- 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 without the use of the backstroke ledge. 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.
- There will be no USA Registration at the meet.
- At check in all coaches must show either a USA Swimming membership card or deck pass and make them available at the request of meet officials.
- Nashville Aquatic Club reserves the right of sole discretion to determine which team entries are accepted. In exercising this discretion, NAC may consider the number of officials provided by the team, balance of age groups and gender entries, level of competition and geographic location.
- Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present

**EVALUATION:** Any specific problems or concerns about the meet that are not resolved during the meet or to your satisfaction should be communicated in writing immediately to the chairperson of Southeastern Swimming.

Steven Murray  
 920 Heritage Way  
 Brentwood, TN 37027  
 Coachsteven@excelaquatics.org



Friday, December 4th

Session 1

Non-Qualifying Warm Up 3:00pm Meet Begins: 4:00pm

Event Number	Event Name	Event Number
1	13&0 200 Freestyle	2
4	13&0 100 Breaststroke	3
5	13&0 200 Backstroke	6
7	13&0 400 IM	8

Session 2

Qualifying Session: Warm up 5:30pm. Competition begins: 6:30pm

Event Number	Event Name	Event Number
9	13&0 200 Freestyle	10
11	13&0 100 Breaststroke	12
13	13&0 200 Backstroke	14
15	13&0 400 IM	16

Saturday, December 5th

Session 3

10&Under: Warm Up 8:00am Meet Begins: 9:00am

Girls	Event Name	Boys
17	10&U 50 Back	18
19	10&U 100 Fly	20
21	10&U 50 Breast	22
23	10&U 100 Free	24
25	10&U 200 IM	26

Session 4

11-12 Year olds: Warm Up 10:30am Meet Begins: 11:30am

Girls	Event Name	Boys
27	11-12 50 Back	28
29	11-12 100 Fly	30
31	11-12 50 Breast	32
33	11-12 100 Free	34
35	11-12 200 IM	36



Session 5

Non-Qualifying Session: Warm up Begins 1:00pm. Meet begins: 2:00pm

Girls	Event Name	Boys
37	13&0 200 Butterfly	38
39	13&0 50 Freestyle	40
41	200 IM	42
43	13&0 100 Back	44
45	13&0 500 Freestyle	46

Session 6

Qualifying: Warm up 3:30pm. Competition begins: 4:30pm

Girls	Event Name	Boys
47	13&0 200 Butterfly	48
49	13&0 50 Freestyle	50
51	13&0 200 IM	50
53	13&0 100 Back	54
55	13&0 500 Freestyle	56

Sunday, December 6th

Session 7

10&U: Warm Up 8:00am Meet Begins: 9:00am

Girls	Event Name	Boys
57	10&U 50 Free	58
59	10&U 100 Back	60
61	10&U 50 Fly	52
63	10&U 100 Breast	64
65	10&U 200 Free	66

Session 8

11-12 Year olds: Warm Up 10:30am Meet Begins: 11:30am

Girls	Event Name	Boys
67	11-12 50 Free	68
69	11-12 100 Back	70
71	11-12 50 Fly	72
73	11-12 100 Breast	74
75	11-12 200 Free	76

Session 9

Non-Qualifying Session: Warm up Begins 1:00pm. Meet begins: 2:00pm

Girls	Event Name	Boys
77	13&0 100 Free	78
79	13&0 200 Breast	80
81	13&0 100 Fly	82
83	13&0 1650 Free	84

Session 10

Qualifying: Warm up 3:30pm. Competition begins: 4:30pm

Girls	13&0 Event Name	Boys
85	13&0 100 Free	86
87	13&0 200 Breast	88
89	13&0 100 Fly	90
91	13&0 1650 Free	92

**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. 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.

The Nashville Aquatic Club, Metro Nashville Parks and Recreation, 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.

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.

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**SIGNATURE OF COACH OR CLUB OFFICIAL DATE**

**NAME (PRINTED)** \_\_\_\_\_

**CLUB:** \_\_\_\_\_

**TITLE:** \_\_\_\_\_

**MOBLIE PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

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 the 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: [MeetDirector@SwimNAC.com](mailto:MeetDirector@SwimNAC.com)

Meet Referee: [MeetRef@SwimNAC.com](mailto:MeetRef@SwimNAC.com)

Disability Chair: Robin Heller [robin@seastarsaquatic.org](mailto:robin@seastarsaquatic.org)

## SUMMARY OF FEES

*Make checks payable to: Nashville Aquatic Club*

# SE SWIMMERS: \_\_\_\_\_ X \$4.00 LSC\_SURCHARGE = \$ \_\_\_\_\_

# SWIMMERS: \_\_\_\_\_ X \$22.00 FACILITY SURCHARGE = \$ \_\_\_\_\_

# INDIVIDUAL EVENTS: \_\_\_\_\_ X \$10.00 PER EVENT ENTRY FEE = \$ \_\_\_\_\_

TOTAL DUE: = \$ \_\_\_\_\_