



**MEET OF CHAMPS
INVITATIONAL
DECEMBER 3-5, 2021
Hosted by Excel Aquatics**

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, Inc. In applying for the sanctioned meet on December 3-5, 2021, the Excel Aquatics Swim Team agrees to comply and to enforce health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, the State of Tennessee and Williamson County. There are no local or state requirements at this time in hosting meets.

Sanctioned by Southeastern Swimming, Inc.

SANCTION #: 21SEXCEL12-3

TIME TRIAL SANCTION #: 21SEXCEL12-3TT

COVID-19 RELEASE

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 individual 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 THE 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.

BY ATTENDING OR PARTICIPATING IN THE COMPETITION, YOU HOLD HARMLESS AND INDEMNIFY THE COUNTY, AND ALL OF ITS OFFICERS, DEPARTMENTS, AGENCIES, AND EMPLOYEES (COLLECTIVELY THE "COUNTY") FROM AND AGAINST ANY AND ALL CLAIMS, LOSSES, DAMAGES, INJURIES, FINES, PENALTIES, COSTS (INCLUDING COURT COSTS AND ATTORNEY'S FEES), CHARGES, LIABILITY, OR EXPOSURE, HOWEVER CAUSED, RESULTING FROM, ARISING OUT OF, OR IN ANY WAY CONNECTED WITH YOU YOU'RE YOUR CHILDREN'S PARTICIPATION.



MEET OF CHAMPS INVITATIONAL December 3-5, 2021

HOSTED BY: Excel Aquatics
615-370-3471, ext. 23
<http://www.excelaquatics.org>

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

PARKING: There are 2 parking lots available for the meet. Participants may park in either the main parking lot or the overflow lot.

ENTRANCE: Spectators, Athletes, Officials and Volunteers should enter the pool through the main entrance. Athletes may go directly to the tennis court for seating.

OFFICIALS:

MEET DIRECTOR:	Lori Biller	tlbiller@comcast.net
MEET REFEREE:	Chad Luse	ainsleysdad11@hotmail.com
ADMIN OFFICIAL:	Laura Carrico	lcarrico@hotmail.com

ENTRY CHAIR: Brennan Riddle - Excel Aquatics
920 Heritage Way
Brentwood, TN 37027
entrychair@excelaquatics.org

FACILITY & TIMING: Two Indoor 8-lane, 25-yard competition pools. Non-turbulent lane lines. Paddock racing blocks for all events of 50 yards or longer. Fully automatic Daktronics electronic timing system and scoreboard with lane/time/place display. Manual backup will be used. Warm-up lanes available at all times. Spectator seating for approximately 750 people. No outside food or coolers are allowed inside the pool area. 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. 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. *Overflow/Athlete seating will be available in the tennis court area. Chairs are allowed in the provided tennis court.

MEET ENTRY CRITERIA: Excel Aquatics has sole discretion to determine which entries to accept. In exercising this discretion, Excel Aquatics will consider strength of entry and level of competition, balance of age groups and gender in entries, and number of officials provided by team. Teams participate in the spirit of a prelim/final meet. Teams will be notified of their acceptance into the meet the day after the deadline closes. Each team entry file is their official request for invitation into the meet but does not guarantee acceptance.

ELIGIBILITY:

All participants MUST be USA Swimming registered athletes. Entries will not be accepted without current registration numbers. A swimmer's age on the first day of the meet will determine his or her age for the entire meet. Entries listed as "registration applied for" will not be accepted. No on deck USA Registration will be available. **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.** No coaches will be allowed on the pool deck without providing current USA Swimming Registration Deck Pass indicating full coaching privilege.

SWIMMERS WITH DISABILITIES: 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.

RULES & SAFETY: Current USA Swimming and Southeastern Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") will govern this meet. 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 or Deck Pass to gain deck access. The Meet Referee reserves the right to ask for coach credential display and/or deny deck access if the coach does not comply or deck pass is no longer valid/current.

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/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". 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.

FORMAT:

Each session is limited to the first 550 athletes entered. The meet will be preliminaries and finals for all individual events (11-12, 13 & Over) except the 13-14/Senior 400 IM, 500 Free, 1650 Free, 11-12 500 Free, and 11-12 1000 Free. The 1650 free will be scored 13-14 and Senior. Timed Final events (11-12, 13-14, Senior) will swim fastest to slowest, except for the events which are swum in finals. The B heat will swim prior to the A heat. All 10-under events will be timed-final events.

The Top 16 (after positive check-in) of the 13-14 & Senior 500 free and 400 IM will swim in the finals session. All heats of the 1650 free will be swum at the conclusion of the preliminary session of Day 3 (Sunday) swimming fastest to slowest in each course. All preliminaries will be swum in two 8-lane courses (separate courses determined after meet entry deadline). Finals will swim in one 8-lane course. Consolation Finals will be swum in the 11-12, 13-14, & Senior classification only. The host club reserves the right to swim the 10-Under sessions in one or two pools, based on accepted entries. Breaks may be added at the discretion of the entry chairperson.

SESSION	WARM-UP	COMPETITION
Fri, Sat & Sun Prelims	#1 Warm-up: 7:00-7:30am #2 Warm-up: 7:30-8:00am #3 Warm-up: 8:00-8:30am	8:45am
Fri, Sat & Sun 10&U Timed Final	1:00-1:30pm	1:40pm
Friday & Saturday Finals	5:00-5:45pm	6:00pm
Sunday Finals	4:00-4:45pm	5:00pm

POSITIVE CHECK-IN EVENTS: Swimmers must positive check-in with the Clerk of Course for all deck-seeded individual events and relays. All deck-seeded events will swim fastest to slowest, except those swimming with the Finals, which will swim B heat first and A heat second. Positive check-in deadlines are as follows:

DAY OF EVENT	EVENT	DEADLINE
FRIDAY	13-14, Senior 400 IM, 11-12 1000 Free	9:00 AM – POSITIVE CHECK-IN
SATURDAY	11-12, 13-14, Senior 500 Free	9:00 AM – POSITIVE CHECK-IN
	10 & Under 500 Free	1:30 PM – POSITIVE CHECK-IN
SUNDAY	13-14, Senior 1650 Free	9:00 AM – POSITIVE CHECK-IN

COACHES MEETING: If needed, Friday, December 3, 2021 in the Hospitality room at 8:30AM. No swimmers will be allowed in the pool during this time.

PROCEDURE FOR POSITIVE CHECK-IN OR SCRATCHING: Only the swimmer or his/her coach may check-in or scratch a swimmer. If swimming an event, the swimmer or his/her coach shall place their initials next to the swimmer's name.

ENTRIES: 10 & Under athletes may enter up to five (5) individual events per day. 11-12, 13-14 & Senior athletes may enter up to three (3) individual events per day. Time Trial events count as one of the three events allowed on a given day. 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. **11-OVER EVENTS ENTERED WITH A NO TIME (NT) WILL NOT BE ACCEPTED.** On deck entries will be available for open lanes only until 8:15am each morning of the meet. No new heats will be formed.

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. Do not flood the entry chair with several emails, which compose one single team entry.
4. Once submitted, please allow the entry chair time to review your submission.
5. Updating of times is acceptable, but no new entries can be submitted.

ENTRY FEES: \$ 6.75 per individual event (\$10.00 per late/deck entry)
\$14.00 per relay (\$20.00 per late/deck entry)
\$ 4.00 SES surcharge
\$ 15.00 per swimmer facility surcharge
Time Trial: \$10.00 per event, \$14.00 per relay

*Please make checks payable to EXCEL Aquatics. All entry fees are non-refundable.

DEADLINE: Entries **MUST** be received by the Meet Entry Chair by Saturday, November 20, 2021 at 8:00pm CDT. Please note that it is Excel Aquatics intention to strictly adhere to the following meet entry deadline.

12 & UNDER 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.

- 1.) A Technical Suit is one that has the following components:
- 2.) Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- 3.) Any suit with woven fabric extending past the hips.

WARM-UPS: **Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet.** The Meet Director will post the warm-up assignments online and on deck prior to the start of the meet warm-up. Teams will be assigned either first, second or third warm-up each day. Assignments will be posted on the host web site. Please see warm-up guidelines on the last page of this packet. 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, time permitting, at the conclusion of any preliminary or final session at the coach's request. Time Trials are intended only for swimmers attempting to qualify for 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 3 events per day limit. Fees: \$10.00 per individual event; \$14.00 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. Any entries which are cut by the host club will be refunded.

RELAYS: Relays for 10 & Under swimmers only. **Relay cards must be turned in to the Clerk of Course by 1:30pm for the 10-Under Session.** The competing swimmers must be listed in the order in which they will swim. Any changes in the names of the competing swimmers or their order of swimming must be declared to the lane timer prior to the start of the heat in which the relay is entered.

SCRATCHES: The current Southeastern Championship Scratch Rules will be used during the meet. Swimmers qualifying for finals or consolation finals must notify the referee within 30 minutes of the announcement of the qualifiers for that final that they may not intend to compete. They must further declare their final intention to scratch at Clerk of Course table within 30 minutes following the posting of the last preliminary event of the session. For a copy of these Rules, please visit www.seswim.org

PENALTIES: **Deck-Seeded Events:** Failing to swim an event after a positive check-in will result in the swimmer being barred from his/her next event.
Failure to Swim Finals: Any swimmer failing to properly scratch and failing to compete in the consolation finals and finals shall be barred from his/her next event. **NOTE:** Deck/Late entries will be accepted on a lane available, first-come, first-served basis. Accepted deck/late entries will be charged \$10.00 per individual event and \$20.00 per relay. No new heats will be formed. All entry fees are non-refundable.

SCORING:

Individual Events: 9-7-6-5-4-3-2-1

Relay Events: 18-14-12-10-8-6-4-2

There will be no scoring for Consolation Finals.

Team scoring will be tabulated in Men, Women, and Combined categories.

AWARDS:

Medals will be given for 1st-3rd place for individual events and relays.

Ribbons will be given for 4th-8th place for individual events and relays.

There will be awards for the individual high point in 4 age groups.

Age groups: 9-10, 11-12, 13-14, 15-up.

The top six (6) scoring events for each swimmer will be used to tabulate individual high point scores.

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.

COACHES' CORNER: If needed, the coaches meeting will be on Friday, December 3 at 8:30am 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 credentials/Deck Pass. No coaches will be allowed on the pool deck without providing current USA Swimming Registration 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. Athletes swimming the 1000 or 1650 may be asked to provide their own timer, depending on the timeline.**

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 credentials to the Meet Referee at check-in. Please contact Chad Luse at ainsleysdad11@hotmail.com with level of certification and sessions desired. Official dress code is white collared shirt for Prelims and **light blue shirt for Finals**. Khaki pants/shorts/skirt, and white shoes are to be worn for all sessions. Officials' briefings take place 45 minutes prior to the start of each session in the hospitality room.

SPECTATORS' CORNER: Admission is free. Spectator seating is provided for approximately 750 people. Additional seating will be allowed in the Indoor Tennis Court. Spectators are not allowed to hang out in the main hallway during the meet. 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. Athletes swimming the 1000 or 1650 may be asked to provide their own timer, depending on the timeline. 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". This includes relay starts. **Sessions will be live streamed on the Excel Facebook page.** See the "cheat sheet" on the Excel Meet of Champs event page for links.

PSYCH SHEETS: The Psych Sheet will be available online at the Meet of Champs Event Page at www.excelaquatics.org the Tuesday before the meet.

HEAT SHEETS: Heat Sheets will be available in a printable format on the Meet of Champs Event Page at www.excelaquatics.org the day before the meet.
Heat Sheets **will not** be sold at the Meet.

RESULTS: Results will be posted on Meet Mobile, on the Excel Aquatics website and on the pool deck.

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

ADMISSION/CONCESSIONS: Admission is Free. Concessions will be sold on site.

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:

John Boxmeyer, General Chairman
jboxmeyer@hotmail.com

The following forms are attached as an integral part of this meet invitation and are required for entry:

SES Waiver, Acknowledgment and Liability Release Form
Team Information Form and Summary of Fees
SES Information Form for Disabled Swimmers (duplicate as needed)
EXCEL AQUATICS Warm-Up Guidelines for General Warm-up



2021 MEET OF CHAMPS ORDER OF EVENTS

SESSION 1 – Friday - Prelims East Pool (11-12 Men, 13-14 Women, Senior Men)

Warm-ups: 7:00, 7:30 & 8:00AM Meet Starts: 8:45AM

<u>ROUND</u>	<u>EVENT #</u>	<u>EVENT</u>
Prelims	2	Men 11-12 100 Freestyle
Prelims	3	Women 13-14 200 Freestyle
Prelims	6	Men 200 Freestyle
Prelims	8	Men 11-12 50 Breaststroke
Prelims	9	Women 13-14 100 Breaststroke
Prelims	12	Men 100 Breaststroke
Prelims	14	Men 11-12 100 Butterfly
Prelims	15	Women 13-14 100 Butterfly
Prelims	18	Men 100 Butterfly
Prelims	20	Men 11-12 200 IM
Finals	21	Women 13-14 400 IM @
Finals	24	Men 400 IM @
Finals	26	Men 11-12 1000 Free #

@ - Timed Final Event; Positive Check-in at the Clerk of Course by 9:00am. (Reminder: Top 16 seeds will swim at night with Finals).

- Timed Final Event swimming in the Preliminary Session; Positive Check-in at the Clerk of Course by 9:00am. Event will swim fastest to slowest. **Athletes swimming the 1000 Free may be asked to provide their own timer depending on the timeline.**



2021 MEET OF CHAMPS ORDER OF EVENTS

SESSION 2 – Friday - Prelims West Pool (11-12 Women, 13-14 Men, Senior Women)

Warm-ups: 7:00, 7:30 & 8:00AM Meet Starts: 8:45AM

ROUND	EVENT #	EVENT
Prelims	1	Women 11-12 100 Freestyle
Prelims	4	Men 13-14 200 Freestyle
Prelims	5	Women 200 Freestyle
Prelims	7	Women 11-12 50 Breaststroke
Prelims	10	Men 13-14 100 Breaststroke
Prelims	11	Women 100 Breaststroke
Prelims	13	Women 11-12 100 Butterfly
Prelims	16	Men 13-14 100 Butterfly
Prelims	17	Women 100 Butterfly
Prelims	19	Women 11-12 200 IM
Finals	22	Men 13-14 400 IM @
Finals	23	Women 400 IM @
Finals	25	Women 11-12 1000 Free #

@ - Timed Final Event; Positive Check-in at the Clerk of Course by 9:00am. (Reminder: Top 16 seeds will swim at night with Finals).

- Timed Final Event swimming in the Preliminary Session; Positive Check-in at the Clerk of Course by 9:00am. The 1000 will swim fastest to slowest. **Athletes swimming the 1000 Free may be asked to provide their own timer depending on the timeline.**



2021 MEET OF CHAMPS - ORDER OF EVENTS

SESSION 3 – Friday - 10-Under Timed Final Warm-up: 1:00PM Meet Starts: 1:40PM

ROUND	EVENT #	EVENT
Finals	27	Women 10-under 100 Freestyle
Finals	28	Men 10-under 100 Freestyle
Finals	29	Women 10-under 50 Breaststroke
Finals	30	Men 10-under 50 Breaststroke
Finals	31	Women 10-under 100 Butterfly
Finals	32	Men 10-under 100 Butterfly
Finals	33	Women 10-under 200 IM
Finals	34	Men 10-under 200 IM

Breaks may be put in at the discretion of the Officials.



2021 MEET OF CHAMPS ORDER OF EVENTS

SESSION 4 – Friday - Finals

Warm-ups: 5:00pm

Finals Start: 6:00pm

ROUND	EVENT #	EVENT
Finals	1	Women 11-12 100 Freestyle
Finals	2	Men 11-12 100 Freestyle
Finals	3	Women 13-14 200 Freestyle
Finals	4	Men 13-14 200 Freestyle
Finals	5	Women 200 Freestyle
Finals	6	Men 200 Freestyle
Finals	7	Women 11-12 50 Breaststroke
Finals	8	Men 11-12 50 Breaststroke
Finals	9	Women 13-14 100 Breaststroke
Finals	10	Men 13-14 100 Breaststroke
Finals	11	Women 100 Breaststroke
Finals	12	Men 100 Breaststroke
Finals	13	Women 11-12 100 Butterfly
Finals	14	Men 11-12 100 Butterfly
Finals	15	Women 13-14 100 Butterfly
Finals	16	Men 13-14 100 Butterfly
Finals	17	Women 100 Butterfly
Finals	18	Men 100 Butterfly
Finals	19	Women 11-12 200 IM
Finals	20	Men 11-12 200 IM
Finals	21	Women 13-14 400 IM
Finals	22	Men 13-14 400 IM
Finals	23	Women 400 IM
Finals	24	Men 400 IM



2021 MEET OF CHAMPS ORDER OF EVENTS

SESSION 5 – Saturday - Prelims East Pool (11-12 Men, 13-14 Women, Senior Women)
Warm-ups: 7:00, 7:30 & 8:00AM Meet Starts: 8:45AM

ROUND	EVENT #	EVENT
Prelims	35	Women 200 IM
Prelims	37	Women 13-14 200 IM
Prelims	40	Men 11-12 100 IM
Prelims	41	Women 100 Freestyle
Prelims	43	Women 13-14 100 Freestyle
Prelims	46	Men 11-12 50 Freestyle
Prelims	47	Women 200 Backstroke
Prelims	49	Women 13-14 200 Backstroke
Prelims	52	Men 11-12 100 Backstroke
Finals	53	Women 500 Freestyle @
Finals	55	Women 13-14 500 Freestyle @
Finals	58	Men 11-12 500 Freestyle #

@ - Timed Final Event; Positive Check-in at the Clerk of Course by 9:00am. (Reminder: Top 16 seeds will swim at night with Finals).

- Timed Final Event swimming in the Preliminary Session; Positive Check-in at the Clerk of Course by 9:00am. The 500 Event will swim fastest to slowest.



2021 MEET OF CHAMPS ORDER OF EVENTS

SESSION 6 – Saturday - Prelims West Pool (11-12 Women, 13-14 Men, Senior Men)
Warm-ups: 7:00, 7:30 & 8:00AM Meet Starts: 8:45AM

ROUND	EVENT #	EVENT
Prelims	36	Men 200 IM
Prelims	38	Men 13-14 200 IM
Prelims	39	Women 11-12 100 IM
Prelims	42	Men 100 Freestyle
Prelims	44	Men 13-14 100 Freestyle
Prelims	45	Women 11-12 50 Freestyle
Prelims	48	Men 200 Backstroke
Prelims	50	Men 13-14 200 Backstroke
Prelims	51	Women 11-12 100 Backstroke
Finals	54	Men 500 Freestyle @
Finals	56	Men 13-14 500 Freestyle @
Finals	57	Women 11-12 500 Freestyle #

@ - Timed Final Event; Positive Check-in at the Clerk of Course by 9:00am. (Reminder: Top 16 seeds will swim at night with Finals).

- Timed Final Event swimming in the Preliminary Session; Positive Check-in at the Clerk of Course by 9:00am. Event will swim fastest to slowest.



2021 MEET OF CHAMPS - ORDER OF EVENTS

SESSION 7 – Saturday - 10-Under Timed Final Warm-up: 1:00PM Meet Starts: 1:40PM

ROUND	EVENT #	EVENT
Finals	59	Women 10-under 200 Medley Relay
Finals	60	Men 10-under 200 Medley Relay
Finals	63	Women 10-under 100 IM
Finals	64	Men 10-under 100 IM
Finals	67	Women 10-under 50 Freestyle
Finals	68	Men 10-under 50 Freestyle
Finals	71	Women 10-under 100 Backstroke
Finals	72	Men 10-under 100 Backstroke
Finals	75	Women 10-under 500 Freestyle
Finals	76	Men 10-under 500 Freestyle

Breaks may be put in at the discretion of the Officials.



2021 MEET OF CHAMPS ORDER OF EVENTS

SESSION 8 – Saturday - Finals Warm-ups: 5:00pm Finals Start: 6:00pm

ROUND	EVENT #	EVENT
Finals	35	Women 200 IM
Finals	36	Men 200 IM
Finals	37	Women 13-14 200 IM
Finals	38	Men 13-14 200 IM
Finals	39	Women 11-12 100 IM
Finals	40	Men 11-12 100 IM
Finals	41	Women 100 Freestyle
Finals	42	Men 100 Freestyle
Finals	43	Women 13-14 100 Freestyle
Finals	44	Men 13-14 100 Freestyle
Finals	45	Women 11-12 50 Freestyle
Finals	46	Men 11-12 50 Freestyle
Finals	47	Women 200 Backstroke
Finals	48	Men 200 Backstroke
Finals	49	Women 13-14 200 Backstroke
Finals	50	Men 13-14 200 Backstroke
Finals	51	Women 11-12 100 Backstroke
Finals	52	Men 11-12 100 Backstroke
Finals	53	Women 500 Freestyle
Finals	54	Men 500 Freestyle
Finals	55	Women 13-14 500 Freestyle
Finals	56	Men 13-14 500 Freestyle



2021 MEET OF CHAMPS ORDER OF EVENTS

SESSION 9 – Sunday – Prelims East Pool (11-12 Men, 13-14 Men, Senior Women)

Warm-ups: 7:00, 7:30 & 8:00AM Meet Starts: 8:45AM

ROUND	EVENT #	EVENT
Prelims	78	Men 11-12 200 Freestyle
Prelims	80	Men 13-14 50 Freestyle
Prelims	81	Women 50 Freestyle
Prelims	84	Men 11-12 50 Butterfly
Prelims	86	Men 13-14 200 Butterfly
Prelims	87	Women 200 Butterfly
Prelims	90	Men 11-12 100 Breaststroke
Prelims	92	Men 13-14 200 Breaststroke
Prelims	93	Women 200 Breaststroke
Prelims	96	Men 11-12 50 Backstroke
Prelims	98	Men 13-14 100 Backstroke
Prelims	99	Women 100 Backstroke
Finals	101	Women 1650 Freestyle #

- Timed Final Event swimming in the Preliminary Session; Positive Check-in at the Clerk of Course by 9:00am. Event will swim fastest to slowest.



2021 MEET OF CHAMPS ORDER OF EVENTS

SESSION 10 – Sunday – Prelims West Pool (11-12 Women, 13-14 Women, Senior Men)
Warm-ups: 7:00, 7:30 & 8:00AM Meet Starts: 8:45AM

ROUND	EVENT #	EVENT
Prelims	77	Women 11-12 200 Freestyle
Prelims	79	Women 13-14 50 Freestyle
Prelims	82	Men 50 Freestyle
Prelims	83	Women 11-12 50 Butterfly
Prelims	85	Women 13-14 200 Butterfly
Prelims	88	Men 200 Butterfly
Prelims	89	Women 11-12 100 Breaststroke
Prelims	91	Women 13-14 200 Breaststroke
Prelims	94	Men 200 Breaststroke
Prelims	95	Women 11-12 50 Backstroke
Prelims	97	Women 13-14 100 Backstroke
Prelims	100	Men 100 Backstroke
Finals	102	Men 1650 Freestyle #

- Timed Final Event swimming in the Preliminary Session; Positive Check-in at the Clerk of Course by 9:00am. Event will swim fastest to slowest.



2021 MEET OF CHAMPS ORDER OF EVENTS

SESSION 11 – Sunday - 10-Under Timed Final Warm-up: 1:00PM Meet Starts: 1:40PM

ROUND	EVENT #	EVENT
Finals	103	Women 10-under 200 Freestyle Relay
Finals	104	Men 10-under 200 Freestyle Relay
Finals	107	Women 10-under 50 Butterfly
Finals	108	Men 10-under 50 Butterfly
Finals	111	Women 10-under 100 Breaststroke
Finals	112	Men 10-under 100 Breaststroke
Finals	115	Women 10-under 50 Backstroke
Finals	116	Men 10-under 50 Backstroke
Finals	119	Women 10-under 200 Freestyle
Finals	120	Men 10-under 200 Freestyle

Breaks may be put in at the discretion of the Officials.



2021 MEET OF CHAMPS ORDER OF EVENTS

SESSION 12 – Sunday - Finals Warm-ups: 4:00pm Finals Start: 5:00pm

ROUND	EVENT #	EVENT
Finals	77	Women 11-12 200 Freestyle
Finals	78	Men 11-12 200 Freestyle
Finals	79	Women 13-14 50 Freestyle
Finals	80	Men 13-14 50 Freestyle
Finals	81	Women 50 Freestyle
Finals	82	Men 50 Freestyle
Finals	83	Women 11-12 50 Butterfly
Finals	84	Men 11-12 50 Butterfly
Finals	85	Women 13-14 200 Butterfly
Finals	86	Men 13-14 200 Butterfly
Finals	87	Women 200 Butterfly
Finals	88	Men 200 Butterfly
Finals	89	Women 11-12 100 Breaststroke
Finals	90	Men 11-12 100 Breaststroke
Finals	91	Women 13-14 200 Breaststroke
Finals	92	Men 13-14 200 Breaststroke
Finals	93	Women 200 Breaststroke
Finals	94	Men 200 Breaststroke
Finals	95	Women 11-12 50 Backstroke
Finals	96	Men 11-12 50 Backstroke
Finals	97	Women 13-14 100 Backstroke
Finals	98	Men 13-14 100 Backstroke
Finals	99	Women 100 Backstroke
Finals	100	Men 100 Backstroke

UNACCOMPANIED SWIMMER COACHING ASSIGNMENT FORM

Name of Meet: _____

Date(s): _____

The following swimmers from _____ (swimmer's team) will not be accompanied by a team coach and therefore I request that the Meet Referee/Meet Director assign them to a coach for all purposes during the meet sessions on the dates noted above. Each of the swimmers listed below are certified as proficient in performing a racing start unless specifically noted otherwise (non-certified swimmers must start each race from within the water).

Coach's Signature

Date

Swimmer Name(s):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I agree to act as coach for the above named swimmer(s) during the pre-meet practice, warm-up and the competition.

Assigned Coach's Signature

Date

Assigned Coach's Team Name



SOUTHEASTERN SWIMMING, INC.
INFORMATION FORM FOR SWIMMERS WITH A DISABILITY

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 swimmer's 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 Chad Luse - Email: ainsleysdad11@hotmail.com

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



MEET OF CHAMPS 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 Parks and Recreation, Indoor Sports Complex, City of Brentwood, 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:		X \$4.00 SES SURCHARGE =	
NUMBER OF SWIMMERS:		X \$15.00 FACILITY SURCHARGE =	
NUMBER OF IND. EVENTS:		X \$6.75 PER EVENT ENTRY FEE =	
NUMBER OF RELAYS:		X \$14.00 PER RELAY ENTRY FEE =	
TOTAL DUE:			



MEET WARMUP 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 15-20 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 OR 20-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 throughout 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 TO ANNOUNCE LANE & 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