

## 2019 Southeastern Swimming Coaches Committee Meeting September 28, 2019

**Attendance:** Chairman - Brian Haddad (PSCT), Wagner (ACAC), Dellinger (AUB), Corragio (BSC), Wood (BSL), Kale (CA), Cormier (CMSA), Boxmeyer (CTA), Johnson (GPAC), Kraus (GPAC), Gillespie (GPAC), Davis (HSA), Webber (HSA), Blasini (KP), M. Blasini (KP), Bentley (MCC), Dahlke (MCC), Jacobs (MCC), Von Jouanne (MSA), Schultz (MTAC), Byars (MTYS), Morse (NAC), Johnson (OST), Sharlow (PNY), Baustia (PNY), Royer (SAC), Heller (SAST), Murry (XCEL), Faris (XCEL) O'Reilly (BXST), Hopper (GST), Smith (GPAC), Menser (GPAC), Fortain (HSA), Martin (PCST), Burchins (PCST), Mittenmeyer (TNT), Lee (SAST), Ageton (SAST), Flack (BAY), Thorn (WAC), Guests - Robby Dellinger (Official Chair), Donna Williamson (Official), Larry Alexander (official), Dave Smith (Official & Zone Non-athlete rep) Gary Heapy (Official) and Tom Healey Recorder of minutes.

**Award Winners:**

<b>Dick Fadgen Senior Coach of the Year</b>	-	<b>John Morse &amp; Doug Wharam (NAC)</b>
<b>Cory Horton Age Group Coach of the Year</b>	-	<b>Jan Mittenmeyer (TNT)</b>
<b>Swimmer of the Year</b>	-	<b>Gretchen Walsh &amp; Alex Walsh (NAC)</b>

**Elections:**

<b>Coaches Committee Chair</b>	-	<b>Brian Haddad (PCST)</b>
--------------------------------	---	----------------------------

**2020 Southeastern Long Course Championship Bid Selection:**

<b>NAC/XCEL</b>	-	<b>Nashville/Brentwood</b>	-	<b>July 17-19, 2020</b>
-----------------	---	----------------------------	---	-------------------------

## 2019 Southeastern Swimming Coaches Committee Meeting Legislation Packet

***Proposals in the "T" Block are to be considered for adoption by the Coaches Committee.***

T- 1	ACTION:	<b>Adopted</b>	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn
<i>Submitted by Brian Haddad PCST</i>							
<i>Will be effective for the 2020 SES Long Course Championships</i>							
<b>T-1 Alternate Girls/Boys 13-14 and Senior Relays and swim them fast to slow at the LC Championship Meet</b>							
Proposal is to swim the 13-14 and Senior Relays at the Long Course Championship Meet alternating Girls/Boys and Fast to Slow during the Finals session.							
<b>Rationale:</b> Now that we do not have the A Flight, B Flight scenario for evening relays, we should swim these relays fast to slow alternating girls boys so that the fastest boys heats are not waiting through sometimes five heats of girls relays. They will alternate Girls/Boys through the 13-14 Age Group and then alternate Girls/Boys through the Senior Age Group.							

T- 2	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn
<p><i>Submitted by Brian Haddad PCST</i>  <i>Will be effective for the 2020 SES Long Course Championships</i>  <b>T-2 When running chase starts, swim the prelims as fast to slow</b>          Proposal is to contest the preliminary sessions of the SES Long Course Championships as fast to slow when running chase starts.  <b>Rationale:</b> This will help ensure that we do not have scenarios where the first seeded heat of an event runs up on the last unseeded heat of an event while doing chase starts. Additionally, this will flow better with the 400 IM on Friday and 400 Free on Saturday which are also swum fast to slow.</p>							

T- 3	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn
<p><i>Submitted by Brian Haddad PCST</i>  <i>Will be effective for the 2020 SES Long Course Championships</i>  <b>T-3 Re-order events for the Long Course Championship Meet</b>          Proposal is to swap the 12&amp;Under 100 meter Breaststroke events with the 12&amp;Under 50 meter Backstroke events on Friday at the Long Course Championships.  <u>Current Order of Events:</u> #39 10&amp;U Girls 50 meter Backstroke; #40 10&amp;U Boys 50 meter Backstroke; #41 11-12 Girls 50 meter Backstroke; #42 11-12 Boys 50 meter Backstroke; #43 10&amp;U Girls 100 meter Breaststroke; #44 10&amp;U Boys 100 meter Breaststroke; #45 11-12 Girls 100 meter Breaststroke; #46 11-12 Boys 100 meter Breaststroke.  <u>Proposed New Order of Events:</u> #39 10&amp;U Girls 100 meter Breaststroke; #40 10&amp;U Boys 100 meter Breaststroke; #41 11-12 Girls 100 meter Breaststroke; #42 11-12 Boys 100 meter Breaststroke; #43 10&amp;U Girls 50 meter Backstroke; #44 10&amp;U Boys 50 meter Backstroke; #45 11-12 Girls 50 meter Backstroke; #46 11-12 Boys 50 meter Backstroke  <b>Rationale:</b> This will sync up the 11-12 event strokes with the 13&amp;Overs during finals sessions having the Breaststrokes take place together and then the Backstrokes take place together.</p>							

T- 4	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn
<p><i>Submitted by Brian Haddad PCST</i>  <i>Will be effective for the 2020 SES Long Course Championships</i>  <b>T-4 Re-order events for the Long Course Championship Meet</b>          Proposal is to swap the 12&amp;Under 100 meter Backstroke events with the 12&amp;Under 200 meter Individual Medley events on Sunday at the Long Course Championships.  <u>Current Order of Events:</u> #115 10&amp;U Girls 200 meter IM; #116 10&amp;U Boys 200 meter IM; #117 11-12 Girls 200 meter IM; #118 11-12 Boys 200 meter IM; #123 10&amp;U Girls 100 meter Backstroke; #124 10&amp;U Boys 100 meter Backstroke; #125 11-12 Girls 100 meter Backstroke; #126 11-12 Boys 100 meter Backstroke.  <u>Proposed New Order of Events:</u> #115 10&amp;U Girls 100 meter Backstroke; #116 10&amp;U Boys 100 meter Backstroke; #117 11-12 Girls 100 meter Backstroke; #118 11-12 Boys 100 meter Backstroke; #123 10&amp;U Girls 200 meter IM; #124 10&amp;U Boys 200 meter IM; #125 11-12 Girls 200 meter IM; #126 11-12 Boys 200 meter IM.  <b>Rationale:</b> This will sync up the 11-12 event strokes with the 13&amp;Overs during finals sessions having the Backstrokes take place together and then the IMs take place together.</p>							

T- 5	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn
<p><i>Submitted by Brian Haddad PCST</i>  <i>Will be effective <u>only</u> for the 2020 SES Long Course Championships</i></p> <p><b>T-5 Amend Time Standard Formula for Senior Division for the 2020 SES Long Course Championship Meet Only</b></p> <p>Proposal is to 1) change the formula used to determine time standards for the Senior Division ONLY at the 2020 SES Long Course Championships. 2) Eliminate the SCY qualifying provision for the Senior Division ONLY. Proposed New Formula would be same three year average with new target numbers. Proposed numbers listed below (current target numbers in parentheses):</p> <p>50 meter Freestyle – <b>56</b> (64)  100 meter events – <b>48</b> (56)  200 meter events – <b>40</b> (48)  400 meter events – <b>24</b> (32)  800 meter Freestyle and 1500 meter Freestyle – <b>16</b> (24)</p> <p><i>NOTE: 50 meter Back, Breast, and Fly events qualify using 100 meter times</i></p> <p><b>Rationale:</b> We need to make a pretty substantial adjustment to the Senior Division at the Long Course Championship Meet while the meet is under the current format (we need to look at long term changes to the meet itself over the next year). The number of athletes in the Senior Division has ballooned to the point that the sessions are extremely long leading to poor performance. The higher number of Senior participants also creates a greater safety issue during warmup. The most efficient method to achieve this will be through tightened time standards. Additionally, we need to suspend the SCY qualification method for this year (for Senior only) due to the fact that the LCM time adjustments will not have any impact if swimmers can simply use a SCY time. The other age groups do not present a problem with time or growth so they have been left out of this proposal. I will post an estimated impact report as soon as I can get the numbers in a postable format but the general thought would be to save 30 or more minutes each preliminary session.</p>							

T- 6	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn
<p><i>Submitted by John Morse NAC</i>  <i>Will be effective for the 2020 SES Long Course Championships</i></p> <p><b>T-6 Eliminate Bonus Entries for 200 meter events at SES Long Course Championships</b></p> <p>Proposal is to eliminate all bonus entries for the 200 meter events at the Southeastern Swimming Long Course Championships.</p>							

T- 7	ACTION:	Adopted	Defeated	Adopted/Amended	Tabled	Postponed	Withdrawn
<p><i>Submitted by Robin Heller SAST</i></p> <p><b>T-7 Incorporate Para 1, 2, and 3 Motivational Time Standards Into LSC Championship Meets</b></p> <p>Proposal is to to adapt and incorporate USA Swimming’s LSC Motivational Time Standards into Southeastern Swimming’s Long Course and Short Course Championship Meets</p> <p><b>Rationale:</b> As the Adaptive Chair for Southeastern Swimming is it my duty to submit this proposal to the body. These times have been passed down as a tool for LSCs to decide how or if they want to incorporate disability standards in our meets and how. Here is the best way I have decided to propose adopting these standards. By Adapting the “Para1, 2, and 3” Motivational Time Standards we will be allowing Disability Swimmers to compete in Our SES Championship meets.</p> <ul style="list-style-type: none"> <li>- All Swimmers would have a maximum of 6 Individual Events to be swum Friday, Saturday, and Sunday, Max of 2 events per day. BOTH long course and Short Course Meets</li> </ul>							

- These swimmers will swim TIMED FINALS ONLY in Prelims like the 10 and Unders.
- The “Disability Events” will be spaced out during prelims and all swimmers will be placed in a heat based on SEED TIME (not stroke, age, distance, etc.) SEED time will be used to make the timeline as tight as possible and to have close competition for our disability athletes.

For Example: (and just my suggestion totally up to the host team)

Friday 2 Events :45 seconds and under and 4-5 mins

Saturday 2 Events 1:30 and under and 2-3 mins

Sunday 2 Events 1:00 and under and 3-4 mins

- On Sunday Events will be placed and awards will be given, but no points will be allotted
- Disability Swimmers are swum together, but scored by gender, event, age group, but NOT separated by Disability only by “Para 1, 2, and 3”

Supporting documentation (standards) will be posted.