

SOUTHEASTERN SWIMMING, INC.

2010 DISTRICT WEST CHAMPIONSHIPS 8 & Under Short Course Championships

February 20 -21, 2010

Sanctioned by USA Swimming and Southeastern Swimming, Inc.

SANCTION #: 10SEXCEL2-20

TIME TRIALS SANCTION#: 10SEXCEL2-20TT

HOSTED BY:

Excel Aquatics
920 Heritage Way
Brentwood, Tennessee 37027
615-370-3471, ext. 23
www.excelaquatics.org

LOCATION:

Williamson County Indoor Sports Complex
920 Heritage Way
Brentwood, Tennessee 37027

FACILITIES: two Indoor 8-lanes, 25-yard competition pools (the meet may run in one pool). Non-turbulent lane lines. 7 foot minimum, 10-foot maximum pool depth. Paddock racing blocks for all events of 50 yards or longer. Warm-ups lanes available at all times. Spectator seating for approximately 750 people. No outside food or coolers are allowed inside the pool area.

RULES: 2010 USA Swimming rules will govern the conduct of the meet unless otherwise noted.

OFFICIALS: Meet Director: Kim Young
scott.kimberly2@comcast.net

Referee: Stephanie Nadeau
jnadeau103@aol.com

Meet Marshall: Bridget Kaegi

Starter: Dana Franck

ENTRY CHAIRPERSON: Kate Chronic
c/o Excel Aquatics
920 Heritage Way
Brentwood, TN 37027
847-830-7946
chronicks@aol.com

ELIGIBILITY: All participants must be USA Swimming registered athletes in the Western District of the Southeastern Swimming LSC. Entries will not be accepted without 2010 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.

WARM UP: Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet. The host club will post and announce the warm-up assignments 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.

STARTING TIMES:	<u>Warm-up</u>	<u>Competition</u>
Saturday (All Age Groups):	10:00-10:45am	11:00am
Sunday (All Age Groups):	7:30-8:15am	8:30am

ENTRIES: Swimmers may enter up to four (4) individual events per day. Entry times should be in Short Course Yards (SCY). The required method of entry is email. Teams must submit their entry in a HyTek Team Manager (or TM Lite) 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.

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. Please do not flood the entry chair with several emails which compose one single team entry.

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

DEADLINE: Email entries and/or printouts, summary/release sheets, and entry fees including surcharges must be received by the Entries Chairperson on or before Tuesday February 9, 2010 at 6:00pm CST. Late entries will be accepted for available lanes only until Sunday February 21, 2010 at 7:30 AM CST. No new heats will be formed. Swimmers achieving SE Championship Time Standards must email their entry to the SE Championship Meet Director by 6:00 PM CST Monday, February 22, 2010.

FEES:

- \$4.00** per individual event
- \$9.00** per relay event
- \$3.00** per swimmer SES surcharge
- Facility Fee: \$5.00** per swimmer
- Late fees: \$5.00** per individual event
- \$11.00** per relay event

Please make checks payable to: Excel Aquatics. All entry fees are nonrefundable.

LIMITS: Swimmers are limited to 4 individual events per day, exclusive of relays. The host team reserves the right to adjust pool designations for age groups or genders in order to run the meet more efficiently.

MEET FORMAT: This is a Timed-Final meet. This meet will serve as the Southeastern Swimming Championship for 8 & Under swimmers. Swimmers 9 and Older must have entry times slower than the 2009-2010 Southeastern Championship Qualifying Time standards. Events will be pre-seeded with positive check-in for all events 400 yards or longer. Check-in

sheets will be posted prior to the start of warm-ups, and will be removed 30 minutes prior to the start of the session. If you are not checked-in, you will be scratched from the event. Only the swimmer or his/her coach may sign in for deck-seeded events. Heat sheets with lane assignments for all events 400 or longer will be posted in the pool area as soon as all scratches have been completed.

If a swimmer ages up between the District Meet and the Southeastern Championship Meet, the swimmer is eligible to swim in his/her current (ie: lower) age-group at the District Meet even if he/she has made a Southeastern qualifying time standard in that event. However, he/she is only eligible for the "Qualifier" Award presented at the District Meet.

SCORING: 8 & under individual events first through eighth places: 9-7-6-5-4-3-2-1. 8 & under relay events first through fourth places: 18-14-12-10. No scoring for individual and relay events 9 & Older.

AWARDS: 8 & under: Individual –medals 1st-8th & Relay-medals 1st-4th.

9 & Over: Individual-ribbons 1st-8th & Relay-ribbons 1st-4th.

15-16 & 17-18 age groups will be awarded as one age group 15-18.

In lieu of placement, Standard Breaker ribbons will be given to 9 & Older swimmers who achieve a 2009-2010 Southeastern Championship qualifying time in an entered event. There will be individual high point and runner up trophies given for each gender in the 8 & Under age group, as well as the age group high point team award for each gender in the 8 & Under age group. All awards are provided by Southeastern Swimming, Inc.

TIME TRIALS: Time Trials will be held at the conclusion of each timed final session at the coaches' request. Time Trials are intended only for swimmers attempting to qualify for the Southeastern Championships. Athletes whose entry times do not closely approach these time standards may be denied entry into Time Trials. Fees: \$5.00 per individual event; \$11.00 per relay. Sign-up deadlines will be announced during the meet each day.

COACHES' MEETING: A coaches' meeting will be held Saturday, February 20, 2010 at 10:45am in the hospitality room outside the pool. No swimmers will be allowed in the pool during this time.

MEET EVALUATIONS:

Please send any comments, suggestions, or evaluations concerning the meet to:

John Woods
205 Island Ave
Chattanooga, TN 37405

**SOUTHEASTERN SHORT COURSE DISTRICTS WEST
8 & Under 2010 SWIMMING CHAMPIONSHIPS**

**Saturday February 20, 2010
Warm-up 10:00am. Meet start 11:00am**

Entry times must be SLOWER than Qualifying Times listed

<u>GIRLS</u>	<u>SE QUAL TIME</u>	<u>EVENT</u>	<u>SE QUAL TIME</u>	<u>BOYS</u>
1	2:36.89	10 & U 200 Freestyle	2:38.29	2
3		8 & U 100 Freestyle		4
5	37.89	10 & U 50 Backstroke	38.39	6
7		8 & U 25 Backstroke		8
9	1:27.79	10 & U 100 Fly	1:31.59	10
11		8 & U 50 Fly		12
13	1:34.19	10 & U 100 Breaststroke	1:38.49	14
15		8 & U 50 Breaststroke		16
17	32.19	10 & U 50 Freestyle	32.39	18
19		8 & U 25 Freestyle		20
21	1:22.19	10 & U 100 IM	1:23.29	22
23		8 & U 100 Free Relay		24
25		10 & U 200 Free Relay		26
27	6:49.19	10 & U 500 Freestyle	6:54.69	28
29	2:15.49	11-12 200 Freestyle	2:16.89	30
31	2:04.99	13-14 200 Freestyle	2:00.59	32
33	2:01.29(15-16) 1:59.79(17&O)	Senior 200 Freestyle	1:52.49(15-16) 1:50.19(17&O)	34
35	33.09	11-12 50 Backstroke	33.39	36
37	1:06.39	13-14 100 Backstroke	1:04.59	38
39	1:04.39(15-16) 1:04.39(17&O)	Senior 100 Backstroke	59.39(15-16) 58.09(17&O)	40
41	1:21.29	11-12 100 Breaststroke	1:24.39	42
43	2:43.49	13-14 200 Breaststroke	2:40.49	44
45	2:41.19(15-16) 2:41.19(17&O)	Senior 200 Breaststroke	2:29.99(15-16) 2:27.49(17&O)	46
47	31.49	11-12 50 Butterfly	32.09	48
49	1:05.69	13-14 100 Butterfly	1:03.49	50
51	1:02.39(15-16) 1:02.39(17&O)	Senior 100 Butterfly	58.09(15-16) 56.69(17&O)	52
53	1:11.09	11-12 100 IM	1:11.59	54
55	2:22.29	13-14 200 IM	2:18.49	56
57	2:17.89(15-16) 2:17.89(17&O)	Senior 200 IM	2:08.09(15-16) 2:05.29(17&O)	58
59		11-12 200 Free Relay		60
61		13-14 200 Free Relay		62
63		Senior 200 Free Relay		64
65	6:01.69	11-12 500 Freestyle	6:20.99	66
67	5:41.69	13-14 500 Freestyle	5:28.99	68
69	5:29.29(15-16) 5:25.99(17&O)	Senior 500 Freestyle	5:14.69(15-16) 5:07.29(17&O)	70

The Meet Referee and the Meet Director reserve the right to adjust course designations for individual events if necessary to make the meet run more efficiently.

**SOUTHEASTERN SHORT COURSE DISTRICTS WEST
8 & Under 2010 SWIMMING CHAMPIONSHIPS**

**Sunday February 21, 2010
Warm-up 7:30am. Meet start 8:30am**

Entry times must be SLOWER than Qualifying Times listed

<u>GIRLS</u>	<u>SE QUAL TIME</u>	<u>EVENT</u>	<u>SE QUAL TIME</u>	<u>BOYS</u>
71		8 & U 100 IM		72
73	2:59.19	10 & U 200 IM	3:01.79	74
75		8 & U 25 Breaststroke		76
77	42.99	10 & U 50 Breaststroke	44.39	78
79		8 & U 25 Fly		80
81	36.79	10 & U 50 Fly	38.99	82
83		8 & U 50 Freestyle		84
85	1:11.39	10 & U 100 Freestyle	1:12.39	86
87		8 & U 50 Backstroke		88
89	1:22.99	10 & U 100 Backstroke	1:23.89	90
91		8 & U 100 Medley Relay		92
93		10 & U 200 Medley Relay		94
95	2:31.99	11-12 200 IM	2:38.19	96
97	5:02.99	13-14 400 IM	4:59.39	98
99	4:56.09(15-16) 4:56.09(17&O)	Senior 400 IM	4:43.89(15-16) 4:37.99(17&O)	100
101	28.29	11-12 50 Freestyle	28.29	102
103	26.79	13-14 50 Freestyle	25.49	104
105	26.09(15-16) 26.09(17&O)	Senior 50 Freestyle	23.59(15-16) 23.39(17&O)	106
107	1:10.99	11-12 100 Fly	1:16.89	108
109	2:29.99	13-14 200 Fly	2:29.49	110
111	2:25.99(15-16) 2:22.89(17&O)	Senior 200 Fly	2:14.79(15-16) 2:09.79(17&O)	112
113	37.19	11-12 50 Breaststroke	38.29	114
115	1:17.89	13-14 100 Breaststroke	1:13.99	116
117	1:13.99(15-16) 1:13.99(17&O)	Senior 100 Breaststroke	1:08.49(15-16) 1:07.09(17&O)	118
119	1:11.09	11-12 100 Backstroke	1:13.49	120
121	2:22.99	13-14 200 Backstroke	2:16.69	122
123	2:19.09(15-16) 2:18.99(17&O)	Senior 200 Backstroke	2:08.79(15-16) 2:06.89(17&O)	124
125	1:01.89	11-12 100 Freestyle	1:02.29	126
127	58.19	13-14 100 Freestyle	55.69	128
129	56.69(15-16) 56.09(17&O)	Senior 100 Freestyle	51.79(15-16) 50.69(17&O)	130
131		11-12 200 Medley Relay		132
133		13-14 200 Medley Relay		134
135		Senior 200 Medley Relay		136
137	20:01.49	13-14 1650 Freestyle	19:29.49	138
139	19:58.89(15-16) 19:48.19(17&O)	Senior 1650 Freestyle	18:47.99(15-16) 18:27.19(17&O)	140

The Meet Referee and the Meet Director reserve the right to adjust course designations for individual events if necessary to make the meet run more efficiently.

**Southeastern Swimming
Information Form for Disabled Swimmers**

NAME:		AGE:	DATE OF BIRTH:		
ADDRESS:			PHONE NUMBER:		
EVENTS ENTERED:					
EVENT:	NO.	EVENT:	NO.		
EVENT:	NO.	EVENT:	NO.		
EVENT:	NO.	EVENT:	NO.		
DESCRIBE TYPE AND EXTENT OF DISABILITY (Be specific; e.g. totally or partially blind or deaf; loss of limbs, multiple disabilities):					
THE FOLLOWING PERSONS WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:		NAME:			
		NAME:			
SEIZURES?	YES: <input type="checkbox"/> NO: <input type="checkbox"/>	ARE YOU ON MEDICATION?	YES: <input type="checkbox"/> NO: <input type="checkbox"/>	MEDICATION/DOSE:	
MEDICATION/DOSE:	MEDICATION/DOSE:		MEDICATION/DOSE:		
PARENT OR GUARDIAN'S NAME:			PHONE NUMBER:		
PARENT OR GUARDIAN'S SIGNATURE:		ATHLETE'S SIGNATURE:			
PHYSICIAN'S NAME:			PHONE NUMBER:		
PHYSICIAN'S ADDRESS:					
I HAVE EXAMINED THE ABOVE ENTRANT AND, IN MY OPINION, THERE IS NO MENTAL OR PHYSICAL REASON WHY HE OR SHE SHOULD NOT PARTICIPATE IN USA SWIMMING COMPETITION.					
PHYSICIAN'S SIGNATURE:			DATE:		

2010 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:

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.

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 & 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

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:	NAME		COACHES CARD EXPIRATION DATE
	1.		
	2.		
	3.		
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 \$3.00 SES SURCHARGE	=	
NUMBER OF SWIMMERS:		X \$5.00 FACILITY CHARGE	=	
NUMBER OF IND. EVENTS:		X \$4.00 PER EVENT ENTRY FEE	=	
NUMBER OF RELAYS:		X \$9.00 PER RELAY ENTRY FEE	=	
TOTAL DUE:				

CONSOLIDATED ENTRY FORM
 Times should be in **SHORT COURSE YARDS**

Please duplicate as needed

EVENT #		EVENT NAME	BEST TIME	EVENT #		EVENT NAME	BEST TIME
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						