

2010 NIKE Swim Long Course Invitational

May 14 - 16, 2010

- Sanction:** Southeastern Swimming, Inc. of USA Swimming.
Sanction Number: 10SEBAY5-14
Course - LCM
- Hosted by:** Baylor Swim Club,
171 Baylor School Rd
Chattanooga, Tn. 37405
423-267-8506 x267,
- Location:** Baylor School Natatorium
171 Baylor School Road
Chattanooga, TN 37405
- Facility:** Indoor, 10-lane, 50 meter, 7' deep in the shallow end, 13' deep in diving well end, Non-turbulent lane ropes. Eight (8) lanes will be used for competition. There is spectator seating for 700 in the balcony. 2- Women's and 2- Men's locker rooms and restroom facilities are available. Additional area for seating provided in the Gymnasium adjacent to the pool and on the pool deck. Ample parking is available in Field house parking lot.
- Timing:** Fully automatic Daktronic Timing System with 2- 10 Lane/Place/Time display score boards. Manual backup. Hytek Meet Manager with Comlink II output available for those who request results on diskette for teams providing a 3.5- HD diskette.
- Officials:** Meet Director: Laura Pitman
171 Baylor School Road
Chattanooga, TN 37405

Phone: 423-267-8506, x-267
Email: meets@baylorswimming.org
- Meet Referees: Larry Alexander Les Rowe
1804 Connies Lane 554 Bluebird Ln
Hixson, TN. 37343 Ringgold, Ga 30736
423-842-8580(h) 423-313-2443
larrydalexander@aol.com gaswimdad2sc@yahoo.com
- Visiting officials are welcomed and encouraged to assist with the conduct of the meet.
Please contact meet referee with your interest.
- Eligibility:** All participants must be registered USA Swimming athletes, and 2010 registration numbers are required to be listed on the entry forms. No entry will be accepted without the registration number.
- Rules.** The 2010 USA rules will govern the conduct of the meet unless noted otherwise herein. All events will be timed finals.

Warmup: USA and SES warm-up guidelines will be in effect. The Meet Director will post and announce the warm-up procedure prior to the start of the meet. All swimmers and coaches will follow this procedure.

Schedule: Evening Session:
Friday, May 14, 2010
Warm-up: 3:30 PM – 4:45 PM
Meet Starts: 5:00 PM

Morning Sessions:
Saturday & Sunday, May 15 & 16, 2010
Warm-up: 7:00 AM – 7:40 AM, 7:40-8:20 AM
Meet Starts: 8:30 AM

Afternoon Sessions:
Saturday & Sunday, May 15 & 16, 2010
Warm-up: 2 sessions of 25 minutes immediately following AM session
Meet Starts: following Warm-up. Approximate timeline will be posted before the meet.

Saturday Evening Session: The 1500 Freestyle will be swum in this session. We will have a 30 minute warm-up immediately following the afternoon session. **Swimmers in this event MUST provide their own TIMERS AND COUNTERS.** This event should begin about 4:15-4:30 PM, an approximate timeline will be posted the week of the meet.

Fees: \$4.50 per individual event fee. There will be a \$3.00 surcharge for all SE LSC swimmers and a \$5 surcharge for swimmers outside the LSC. There is also a \$5.00 facility charge per swimmer. Late entry charge is \$8.50 per individual event. Make checks payable to **BAYLOR SWIM CLUB**. No refunds will be made.

Entry limits: Swimmers may enter a maximum of 5 individual events per day. This meet is limited to the first 500 swimmers. Entries will be accepted on a first-come, first-serve basis.

Entry: All entries should be sent via Hy-tek TM file. Please be sure to include a hard copy for proof reading purposes. Please complete team Liability Waiver and Entry Recap. Entries may be sent via e-mail to meets@baylorswimming.org. Please avoid PHONE or FAX entries.

Hand written: List swimmer's first and last **names**, age and USA number on the forms, and complete Team Liability Waiver and Entry Recap.

Entry forms, summary sheets, entry fees, and surcharges must be received by the Meet Director on or before **4:00 PM Eastern time May 5, 2010**.

If mailed by overnight mail, please waive signature required on receipt.

Late entries may be accepted at the discretion of the Meet Director; however, they will be accepted on a "lane available" basis and may not appear on the heat sheet. This is an OPEN meet. The swimmer's best competitive long course time should be entered. Times will not be changed because of new times achieved after the entry deadline. Please make one check payable to **BAYLOR SWIM CLUB**.

Seeding: Fridays' 400 IM and all of the 400 Free events will be deck seeded. In addition, the 1500 Free events will be deck seeded. **Swimmers will need to provide their own counters.** Swimmers participating on Friday and in the 1500 Free must check in with the Clerk of Course per the following schedule:

Fridays' events: by 4:30 PM PM Friday

1500 Free participants must sign in by the conclusion of the 12 and under session.
Swimmers must provide their own timer and counter.

Awards: Ribbons for places 1-8 in all 11-12 and 10 & under events will be awarded.

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 in order to facilitate the conduct of the meet.

The Meet Director reserves the right to limit the 400 IM, the 400 Freestyle and the 1500 Freestyle to the fastest five heats of each event.

In the interest of safety, all coaches and swimmers are asked to observe all posted pool and facility rules and conduct themselves in a safe and prudent manner. All coaches must be currently certified to USA Swimming requirements.

Should there be any questions, meet officials will recognize coaches or their designated representative ONLY.

Results will be posted on the hosted meets page of www.baylorswimming.org after approval from southeastern swimming.

Failing to swim an individual event after a positive check-in will result in the swimmer being barred from his/her next individual event, whether it is that day or the next day. The meet referee will have final authority on these situations.

Evaluations: Any comments, suggestions, or evaluations should be mailed to:

John Woods
205 Island Ave
Chattanooga, Tn 37505
flipper@gps.edu

SESSION I: Warm-up begins at 3:30 PM.

Competition begins at 5:00 PM.

Continuous warm-up/warm-down will be available.

GIRLS**EVENTS****BOYS**

1	10 under 200 IM	2
3	11 & 12 200 IM	4
5*	Senior 400 IM	6 *
7 *	12 & under 400 FREE	8 *
9*	Senior 400 FREE	10*

* Events will be deck seeded. Coaches must check in their swimmers by 4:30 PM at the Clerk of Course. These events will be swum fastest to slowest and may be limited to the fastest 5 heats of girls and the fastest 5 heats of boys. The fastest twenty (20) 13 - 14 year olds of each sex will be guaranteed to swim.

SATURDAY, May 15, 2010

SESSION II: Warm-up begins at 7:00 AM.
Competition begins at 8:30 AM.
 Continuous warm-up/warm-down will be available.

GIRLS	EVENTS	BOYS
11	13&14 200 IM	12
13	Senior 200 IM	14
15	13 & 14 100 Breast	16
17	Senior 100 Breast	18
19	13 & 14 100 Free	20
21	Senior 100 Free	22
23	13 & 14 200 Back	24
25	Senior 200 Back	26
27	13 & 14 100 Fly	28
29	Senior 100 Fly	30

SATURDAY, May 15, 2010

SESSION III: Warm-up will begin immediately following the AM session 2- 25 minute sessions
Competition will begin immediately following warm up.
 Continuous warm-up/warm-down will be available.

GIRLS	EVENTS	BOYS
31	11 & 12 100 Back	32
33	10 & Under 100 Back	34
35	11 & 12 100 Breast	36
37	10 & Under 100 Breast	38
39	11 & 12 50 Free	40
41	10 & Under 50 Free	42
43	11 & 12 100 Fly	44
45	10 & Under 100 Fly	46

Saturday Evening, May 15, 2010

Session IV: 30 Minute Warm-up will begin immediately following the afternoon Session.

GIRLS	Event	BOYS
47 *	Open 1500 Meter Free	48*

Event will be deck seeded. Swimmers must be checked in by the conclusion of the 12 and under session. **Swimmers will need to provide their own timers and counters for the mile.**

SUNDAY, May 17, 2010**SESSION IV:****Warm-up begins at 7:00 AM.****Competition begins at 8:30 AM.**

Continuous warm-up/warm-down will be available.

GIRLS	EVENTS	BOYS
49	13 & 14 200 Free	50
51	Senior 200 Free	52
53	13 & 14 100 Back	54
55	Senior 100 Back	56
57	13 & 14 200 Breast	58
59	Senior 200 Breast	60
61	13 & 14 50 Free	62
63	Senior 50 Free	64
65	13 & 14 200 Fly	66
67	Senior 200 Fly	68

SUNDAY, May 17, 2010**SESSION V:****Warm-up immediately following the morning session****Competition will begin immediately following the warm-up session.**

Continuous warm-up/warm-down will be available.

GIRLS	EVENTS	BOYS
69	10 & Under 200 Free	70
71	11 & 12 200 Free	72
73	10 & Under 50 Breast	74
75	11 & 12 50 Breast	76
77	10 & Under 50 Back	78
79	11 & 12 50 Back	80
81	10 & Under 100 Free	82
83	11 & 12 100 Free	84
85	10 & Under 50 Fly	86
87	11 & 12 50 Fly	88

««SAFETY»»

In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool and facility rules referred to in this meet information and to conduct themselves in a safe and prudent manner. The Baylor Swim Club and any meet sponsors are not responsible for any injury, damage, or loss of valuables during the meet. Failure to adhere to posted school speed limits and parking signs may result in ticketing. No smoking or glass containers are allowed inside the natatorium.

Lodging: Located closest to the school approximately 3 miles away in downtown Chattanooga.

Holiday Inn Express Hotel and Suites Downtown – 423-664-4321

Courtyard by Marriott: 423-755-0871

Hampton Inn Downtown: 423-265-0077,

Days Inn Rivergate: 423-266-7331,

The Chattanooga Hotel: 423-756-3400,

Read House, 423-266-4121,

Wingate Inn, 423-893-7400,

Comfort Inn East Ridge, 423-893-7979, \$85

Chattanooga is a regional tourist center and offers many attractions, including:

The Tennessee Aquarium; Children’s Discovery Museum; IMAX Theater, Coolidge Park with its carousel and water garden; shopping at Tennessee’s largest mall, Hamilton Place Mall; Outlet Mall shopping at Warehouse Row; Bluff View Arts district; and the free Friday night concert series at Miller Park located in downtown Chattanooga during the summer. White water rafting on the Olympic venue, Ocoee River, is located within an hour drive.

ENTRY FORM

Times should be in LONG COURSE Meters. Converted times will not be accepted.

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						

ENTRY FORM SUMMARY

May 14-16, 2010

TEAM NAME: _____ **ABBRV:** _____

TEAM ADDRESS: _____

TEAM COACH: _____ **TELEPHONE#:** _____

TEAM REP: _____ **TELEPHONE#:** _____

<u>AGE GROUP</u>	<u>SEX</u>	<u>SWIMMERS</u>	<u>EVENTS</u>
10 & UNDER	GIRLS	_____	_____
	BOYS	_____	_____
11-12	GIRLS	_____	_____
	BOYS	_____	_____
13-14	GIRLS	_____	_____
	BOYS	_____	_____
SENIOR	GIRLS	_____	_____
	BOYS	_____	_____

TOTAL NUMBER SWIMMERS _____ **TIMES \$3.00 SE SURCHARGE = \$** _____
\$5.00 out of LSC Surcharge = \$ _____
TOTAL NUMBER SWIMMERS _____ **TIMES \$5.00 Facility Fee = \$** _____
TOTAL EVENTS ENTERED _____ **TIMES \$4.50 PER EVENT = \$** _____
TOTAL DUE = \$ _____

PLEASE LIST PARENTS ON YOUR TEAM WHO ARE USA OFFICIALS ON YOUR TEAM WHO WOULD LIKE TO WORK THIS MEET:

OFFICIALS NAME: _____ PHONE #: _____

OFFICIALS NAME: _____ PHONE #: _____

OFFICIALS NAME: _____ PHONE #: _____

OFFICIALS NAME: _____ PHONE #: _____

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. Baylor School, Baylor Swim 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 _____

Club: _____

Date: _____

Title: _____

USA Swimming Registered Coaches Attending This Meet:

INFORMATION FORM FOR DISABLED SWIMMERS

NAME: _____

ADDRESS: _____

AGE AND BIRTHDATE: _____ / _____ Phone: _____

EVENTS TO BE SWUM: _____

TYPE OF DISABILITY:

Blind _____ Mentally Retarded _____ 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.

Seizures? Yes No Are you on medication? Yes No

NAME OF MEDICATION & AMOUNT:

PARENTS OR GUARDIAN'S NAME: _____ PHONE: _____

PARENTS OR GUARDIAN'S SIGNATURE: _____

ATHLETE'S SIGNATURE: _____

PHYSICIAN'S NAME (Please print): _____

PHYSICIAN'S ADDRESS: _____

PHYSICIAN'S PHONE NUMBER: _____

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 United States Swimming competition.

_____/_____
Physician's Signature Date