



**MEET OF CHAMPS  
DECEMBER 3-5, 2010  
Hosted by Excel Aquatics  
Sponsored by SPEEDO® & All-American Swim Shop**

Sanctioned by USA Swimming and Southeastern Swimming, Inc.

**USA SANCTION #:** 10SEXCEL12-03

**TIME TRIAL #:** 10SEXCEL12-03TT

**HOSTED BY** Excel Aquatics  
920 Heritage Way  
Brentwood, TN 37027  
615-370-3471, ext. 23

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

**FACILITY** POOL - Two Indoor 8-lane, 25-yard competition pool. Non-turbulent lane lines.  
7 foot minimum, 9-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.

**TIMING** Fully automatic Daktronics electronic timing system and two scoreboards with lane, time, place  
display. 1-button backup with manual watch time.

**MEET DIRECTOR(S)** 12 & Under Kim Young [scott.kimberly2@comcast.net](mailto:scott.kimberly2@comcast.net)  
13 & Over Dayna Moseley [daynamose@comcast.net](mailto:daynamose@comcast.net)

**MEET REFEREE** Jeff Osteen  
[Jeff.osteen@comcast.net](mailto:Jeff.osteen@comcast.net)  
615-426-7009

Visiting officials are welcome and encouraged to participate. All officials must wear current USA Swimming membership credentials while on deck and must present current Officials certification card to the Meet Referee at check-in. Please contact Tara Todd at [tara.todd@vanderbilt.edu](mailto:tara.todd@vanderbilt.edu) with level of certification and sessions desired. Southeastern Swimming, Inc. Officials dress code is white polo shirt, khaki pants/shorts/skirt, and white shoes and is to be worn for all sessions. Officials briefings take place 45 minutes prior to the start of each session in the hospitality room.

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

**FORMAT** The meet is limited to the first 550 athletes entered. The meet will be preliminaries and finals for all individual events (9-10, 11-12, 13 & Over) except the 13-14/Senior 400 IM, 500 Free, 1650 Free, 9-10, 11-12 500 Free, and 11-12 1000 Free. Timed Final events (9-10, 11-12, 13-14, Senior) will swim fastest to slowest, alternating women and men.

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) where the fastest seeded women's heat will swim first, the fastest seeded men's heat will swim second. The second fastest seeded women's heat will swim third; the second fastest seeded men's heat will swim fourth, continuing in this fashion until all heats are swum.

All preliminaries will be swum in two 8-lane courses (separate courses for swimmers aged 9-10/11-12 and 13&Over). Finals will swim in one 8-lane course. Consolation Finals will be swum in the 11-12, 13-14/Senior classification only.

Friday & Saturday:

#1 Warm-up 7:15-8:00 am  
#2 Warm-up 8:00-8:45 am

Preliminary Competition 9:00 am

Finals Warm-up 4:15-5:15 pm  
Finals Competition 5:30 pm

Sunday:

#1 Warm-up 7:15-8:00 am  
#2 Warm-up 8:00-8:45 am

Preliminary Competition 9:00 am

Finals Warm-up 3:45-4:45 pm  
Finals Competition 5:00 pm

**COACHES' MEETING** A coaches' meeting will be held Friday, December 3, 2010 in the hospitality room. No swimmers will be allowed in the pool during this time.

**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, alternating girls and boys. Positive check-in deadlines are as follows:

DAY OF EVENT	EVENT	DEADLINE
FRIDAY	13-14, Senior 400IM 11-12 1000 FREE	9:00 AM – POSITIVE CHECK-IN
	13-14, Senior 400 FREE RELAY	5:00 PM – POSITIVE CHECK-IN
	9-10, 11-12, 13-14, Senior 500 FREE	9:00 AM – POSITIVE CHECK-IN
SATURDAY	9-10, 11-12 200 MEDLEY RELAY	10:00 AM – POSITIVE CHECK-IN
	13-14, Senior 400 MEDLEY RELAY	5:00 PM – POSITIVE CHECK-IN
	13-14, Senior 1650 FREE	9:00 AM – POSITIVE CHECK-IN
SUNDAY	9-10, 11-12 200 FREE RELAY	10:00 AM – POSITIVE CHECK--IN

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**G** 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 circle the name of the swimmer and place their initials next to the swimmer's name and place their initials next to the swimmer's name.

**RELAYS**

Relays will be deck seeded Timed Finals and will swim slowest to fastest during Prelims (9-10/11-12) and Finals (13& Over). Relay cards will be distributed in coaches' packets (available Friday morning). Cards must be completely and properly filled out and submitted to Clerk of Course by 10:00am (9-10/11-12) or 5:00pm (13 & Over) on the day for the event. The cards will remain with Clerk of Course and heat sheets will be distributed and posted as soon as possible. Each card must contain the first and last names and ages for all swimmers eligible to compete (there is no limit to the number of eligible swimmers). 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 2010 Southeastern 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 by filling out a scratch card and either giving it to the referee or depositing it in the scratch box at Clerk of Course table within 30 minutes following the posting of the last preliminary event of the session.

**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 the remainder of the meet unless relieved for good cause by the Referee.

**TIME STANDARDS**

"BB" USA swimming time standards will be in place for all events 200 yards or longer for all age groups. Events entered with "NT" will not be accepted.

**ENTRIES**

Swimmers (9-10, 11-12, 13-14, Senior) 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.

**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.

**ENTRY FEES**

\$ 5.00 per individual event (\$6.50 per individual event deck entry & Time Trial)

\$10.00 per relay (\$12.00 per relay deck entry & Time Trial)

\$ 3.00 SES surcharge per registered athlete outside the SE LSC

\$ 5.00 non-SE surcharge per registered athlete residing outside the SE LSC

\$ 5.00 per athlete facility surcharge

Make checks payable to EXCEL Aquatics

NOTE: Deck/Late entries will be accepted on a lane available, first-come, first-served basis until 9:00am on Sunday, December 5, 2010. Deck/Late entered individual events and relays will be given a "No Time" seeding. Accepted deck/late entries will be charged \$6.50 per individual event and \$12.00 per relay. No new heats will be formed. All entry fees are non-refundable.

**ENTRY DEADLINE**

The meet is limited to the first 550 athletes. All entries must be sent to the Entry Chair. Entries will not be accepted prior to Friday, October 29, 2010, at 8:00am CST and will not be accepted after 11:59pm CST Friday, November 19, 2010.

**RULES & SAFETY**

All current USA Swimming and SES Rules & Regulations apply.

All USA Swimming and SES safety rules will be strictly enforced.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**USA SWIMMING MEMBERSHIP**

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. Be sure to display your credentials in order to gain access to the pool deck.

**SWIMMERS WITH**

<b>DISABILITES</b>	In accordance with USA Swimming Rules, Articles 105 and 202.1.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee with specific requests.
<b>SCORING</b>	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.
<b>AWARDS</b>	Medals will be given for 1 <sup>st</sup> -3 <sup>rd</sup> place for individual events and relays. Ribbons will be given for 4 <sup>th</sup> -8 <sup>th</sup> for individual and relays. There will be awards for the individual high point and runner-up in each age group. The top six (6) scoring events for each swimmer will be used to tabulate individual high point scores.
<b>TIME TRIALS</b>	Time Trials will be held 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 National Championship or Sectional Meets. Athletes whose entry times do not closely approach these time standards may be denied entry into time trials. Fees: \$6.50 per individual event; \$12.00 per relay. Sign-up deadlines will be announced during the meet.
<b>STARTS</b>	At the Meet Referee's discretion, fly-over starts may be implemented in order to ensure each session is completed in a timely manner.
<b>LIMITATIONS</b>	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.
<b>CONCESSIONS</b>	Food and beverage will be available. No smoking is allowed anywhere on the site.
<b>ADMISSION</b>	Free
<b>PSYCH SHEETS</b>	Psych sheets will be available online at <a href="http://www.excelaquatics.org">www.excelaquatics.org</a> on Monday prior to the meet.
<b>HEAT SHEETS</b>	Heat sheets will be available at the door for each session. Finals heat sheets will be available 30 minutes prior to the start of the Finals sessions.
<b>PARKING</b>	There are two parking lots available for the meet. Participants may park in either the main parking lot or the overflow lot. Please enter the pool through the main entrance to the Indoor Sports Complex. Pool fire exit doors will not be used for entrance.
<b>MEET EVALUATIONS</b>	Please send any comments, suggestions, or evaluations concerning The meet to:

John Woods, General Chairman, SES  
[flipper@gps.edu](mailto:flipper@gps.edu)  
205 Island Ave.  
Chattanooga, TN 37405



MEET OF CHAMPS  
Friday December 3, 2010  
Morning Preliminary Session



## Order of Events

WARM-UP: 7:15am & 8:00am

COMPETITION: 9:00am

WOMEN	EVENT	MEN
1	9-10 100 Free	2
3	11-12 100 Free	4
5	13-14 200 Free	6
7	Senior 200 Free	8
9	9-10 50 Breast	10
11	11-12 50 Breast	12
13	13-14 100 Breast	14
15	Senior 100 Breast	16
17	9-10 100 Fly	18
19	11-12 100 Fly	20
21	13-14 100 Fly	22
23	Senior 100Fly	24
25	9-10 200IM	26
27	11-12 200IM	28
29@	13-14 400 IM	30@
31@	Senior 400	32@
	<b>10 Minute Break</b>	
33#	11-12 1000 Free	34#
35**	13-14 400 Free Relay	36**
37**	Senior 400 Free Relay	38**

@Timed Final event; positive check-in at the Clerk of Course by 9:00am. (Reminder: Top 16 will swim with Finals). Event will swim fastest to slowest, alternating women and men.

# Timed Final event; positive check-in at the Clerk of Course by 9:00am. Event will swim fastest to slowest, alternating women and men.

\*\*13 -14, Senior relays swum during Finals.  
Relay cards due to Clerk of Course by 5:00pm.



**MEET OF CHAMPS**  
**Saturday December 4, 2010**  
**Morning Preliminary Session**



## Order of Events

**WARM-UP: 7:15am & 8:00am**

**COMPETITION: 9:00am**

<b>WOMEN</b>	<b>EVENTS</b>	<b>MEN</b>
39	Senior 200 IM	40
41	13-14 200 IM	42
43	11-12 100 IM	44
45	9-10 100 IM	46
47	Senior 100 Free	48
49	13-14 100 Free	50
51	11-12 50 Free	52
53	9-10 50 Free	54
55	Senior 200 Back	56
57	13-14 200 Back	58
59	11-12 100 Back	60
61	9-10 100 Back	62
63*	11-12 200 Medley Relay	64*
65*	9-10 200 Medley Relay	66*
67@	Senior 500 Free	68@
69@	13-14 500 Free	70@
71#	11-12 500 Free	72#
73#	9-10 500 Free	74#
75**	Senior 400 Medley Relay	76**
77**	13-14 400 Medley Relay	78**

\*9-10, 11-12 relays will swim during Prelims. Relay cards are due to Clerk of Course by 10:00am.

@ Timed Final event; positive check-in at the Clerk of Course by 9:00am. Event will swim fastest to slowest, alternating women and men. (Reminder: Top 16 swim with Finals)

#Timed Finals event; positive check-in at the Clerk of Course by 9:00am. Event will swim fastest to slowest, alternating women and men.

\*\*13 & over relays will swim during Finals. Relay cards due to Clerk of Course by 5:00pm.



MEET OF CHAMPS  
Sunday December 5, 2010  
Morning Preliminary Session



## Order of Events

WARM-UP: 7:15am & 8:00am

COMPETITION: 9:00am

<u>WOMEN</u>	<u>EVENTS</u>	<u>MEN</u>
79	9-10 200 Free	80
81	11-12 200 Free	82
83	13-14 50 Free	84
85	Senior 50 Free	86
87	9-10 50 Fly	88
89	11-12 50 Fly	90
91	13-14 200 Fly	92
93	Senior 200 Fly	94
95	9-10 100 Breast	96
97	11-12 100 Breast	98
99	13-14 200 Breast	100
101	Senior 200 Breast	102
103	9-10 50 Back	104
105	11-12 50 Back	106
107	13-14 100 Back	108
109	Senior 100 Back	110
111*	9-10 200 Free Relay	112*
113*	11-12 200 Free Relay	114*
	<b>10-minute break</b>	
115#	Senior 1650 Free	116#

\*9-10, 11-12 relays will swim during Prelims. Relay cards are due at Clerk of Course by 10:00am.

# Timed Final event; positive check-in at the Clerk of Course by 9:00am. Event will swim fastest to slowest, alternating women and men. 13-14 & Senior will swim together; scored separately. All heats of the 1650 free will swim during the morning session.



**SOUTHEASTERN SWIMMING, INC.**  
**INFORMATION FORM FOR SWIMMERS WITH A DISABILITY**  
**This non mandatory form is for accommodation purposes.**

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 swimmers 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.

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Meet Director Email:

Meet Referee Email: [jeff.osteen@comcast.net](mailto:jeff.osteen@comcast.net)

Disability Chair Email: [walleybob@hotmail.com](mailto:walleybob@hotmail.com)

Walter Smalley 901-486-1782



**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.

<b>SIGNATURE OF COACH OR CLUB OFFICIAL:</b>	
<b>CLUB:</b>	
<b>TITLE:</b>	<b>DATE:</b>

**TEAM INFORMATION**

<b>CLUB NAME:</b>		<b>INITIALS:</b>	
<b>ADDRESS:</b>			
<b>LSC:</b>		<b>HEAD COACH:</b>	
<b>CONTACT PERSON:</b>		<b>PHONE NUMBER:</b>	
<b>FAX NUMBER:</b>		<b>CELL PHONE:</b>	<b>EMAIL:</b>
<b>COACHES ATTENDING:</b>	1.		
	2.		
	3.		
	4.		
<b>CERTIFIED OFFICIALS WHO MAY WISH TO WORK:</b>	1.		
	2.		
	3.		
	4.		
<b>NUMBER OF SWIMMERS ENTERED:</b>	<b>ATTACHED:</b>		
	<b>UNATTACHED:</b>		
	<b>TOTAL:</b>		

**SUMMARY OF FEES**

<b>OF SWIMMERS:</b>	<b>NUMBER</b>		<b>X \$3.00 SES SURCHARGE =</b>	
<b>OF SWIMMERS:</b>	<b>NUMBER</b>		<b>X \$5.00 NON SES SURCHARGE =</b>	
<b>OF SWIMMERS:</b>	<b>NUMBER</b>		<b>X \$5.00 FACILITY SURCHARGE =</b>	
<b>OF IND. EVENTS:</b>	<b>NUMBER</b>		<b>X \$5.00 PER EVENT ENTRY FEE =</b>	
<b>OF RELAYS:</b>	<b>NUMBER</b>		<b>X \$10.00 PER RELAY ENTRY FEE</b>	
<b>TOTAL DUE:</b>				



## Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures

### 1. Coaches Responsibilities

- A. Coaches shall instruct swimmers regarding swimming safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
- B. Coaches shall actively supervise their swimmers throughout the warm-up session at swim meets and at all practices.
- C. Coaches should stand near the starting end the pool when starting swimmers on swim or pace work.

### 2. Host Team Responsibilities

- A. Marshaling
  - 1. A minimum of two (2) marshals who report to, and receive instructions from, the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session.
  - 2. Whenever a sprint lane is opened an additional marshal must be assigned to the lane's starting block.
  - 3. Marshals shall be members of USA Swimming.
  - 4. Marshals shall have the authority to remove from the deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety guidelines or warm-up procedures.
- B. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the meet information: "Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet."
- C. Hazards in locker rooms, on the deck, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
- D. All starting platforms shall be anchored to the deck or bulkhead to remain stable at all times in accordance with USA Swimming Rules.
- E. All music played during warm-up times shall be kept at a low (background) level that shall allow coaches and marshals to communicate with the athletes. The volume of the music may be turned up after the pool is cleared, and before the start of the meet to raise the excitement level for the competition.

### 3. Safety Guidelines

- A. Swimmers shall enter the water feet first from the ends of the pool at all times during the warm-up session. Entering from the sides of the pool is forbidden.
- B. Swimmers shall not wear swim fins, hand paddles or any other equipment that could injure other swimmers or damage equipment (touch pads). The use of soft swim mitts is permissible.
- C. Swimmers shall swim in a circular pattern during general warm-up.
- D. Practice starts from the blocks are only permitted in designated sprint lanes under the direct supervision of the coach.
- E. Backstroke swimmers shall insure 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 backstroke swimmer waiting to start.
- F. Warm-up Procedures when teams are assigned to specific lanes
  - 1. Participating teams shall be assigned to specific lanes for the warm-up period based on the number of participants.
  - 2. The coaches of the teams assigned to each lane shall determine the warm-up for that lane. Procedures must adhere to USA Swimming safety rules.
  - 3. Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner.
  - 4. Warm-ups may be segregated by gender, by age group or any mixture of the two in order to keep the number of swimmers warming up as equal as possible.
  - 5. The host club may choose to divide the teams into different warm-up sessions in order to have an entire team's athletes warm-up together. In this case, teams should be assigned to "early" and "late" warm-up sessions on different days so that no team has an advantage over another.