



EXCEL AQUATICS
2010 FALL FEST Open Swim Meet
September 24-26, 2010

Sanctioned by USA Swimming and Southeastern Swimming, Inc.
Sanction #: 10SEXCEL9-24

- HOST** 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 10-lane, 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.
- TIMING** Fully automatic Daktronics electronic timing system and two scoreboards with lane/time/place display. Manual backup.
- MEET DIRECTOR(S)** 12 & Under Carole Kent
13 & Over Julie Menke
- MEET REFEREE** Jeff Osteen
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 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
920 Heritage Way
c/o Excel Aquatics
Brentwood, TN 37027
847-830-7946
chronicks@aol.com
- FORMAT** Timed finals 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.



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Sessions	Warm-up Start	Deck Entry & Check-In Closes	Meet Start
Friday PM	4:30pm	5:00pm	5:30pm
Saturday & Sunday AM (10 & Under; 11-12)	7:00am	7:30am	8:00am
Saturday & Sunday PM (8 & under; 13 & Over)	12:00noon*	12:30pm*	1:00pm*

*denotes approximate time (warm-ups will not start prior to the posted time)

ELIGIBILITY Swimmer's age as of September 24, 2010 will determine his or her age for the entire meet. Only USA Swimming registered athletes are eligible. All swimmers must be registered prior to competing. Entries listed as "registration applied for" will not be accepted.

ENTRIES Swimmers may enter up to five (5) individual events per day. Entry times should be in Short Course Yards (SCY). The preferred 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. 13-14 and Senior events will be swum together and scored separately. In the event that there are not enough entries to justify a two-session meet, Excel reserves the right to create a one session meet on both Saturday and Sunday. Your team will be notified if there is a change in the order of events.

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 \$4.50 per individual event (\$5.00 per late/deck entry)
 \$10.00 per relay event (\$12.00 per late/deck entry)
 \$3.00 per swimmer facility surcharge
 \$3.00 surcharge per swimmer (if team is a member of SES).
 \$5.00 Non-SES surcharge per swimmer (if team is outside Southeastern Swimming LSC)

Make checks payable to Excel Aquatics.

NOTE: Late/deck entries will be accepted until one half hour before the start of each session on Friday, Saturday, and Sunday, based on lane availability. No new heats will be formed. All entry fees are non-refundable.

ENTRY DEADLINE All entries must be sent to the Entry Chair. Entries will not be accepted prior to Friday, August 27, 2010, at 8:00am CST and will not be accepted after 11:59pm Thursday, September 9, 2010.



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**RULES &
SAFETY**

All current USA Swimming and SES Rules & Regulations apply.
All USA Swimming and SES safety rules will be strictly enforced.

**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
DISABILITES**

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.

AWARDS / SCORING

No team scoring for individual or relay events. Ribbons will be awarded for first through eighth place in individual events for ages 12 and Under.

CLERK of COURSE

The host club reserves the right to assign 10 & Under events to the Clerk of the Course.

SEEDING

All events will be seeded slowest to fastest. Be sure all entry times are in Short Course Yard (SCY) to ensure that swimmers are properly seeded. 13-14 and Senior events will be swum together and listed separately. 10 & Under will be listed as 8 & Under and 9-10 events.

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.

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.

CONCESSIONS

Food and beverage will be available. No smoking is allowed anywhere on the site.

ADMISSION

Free

HEAT SHEETS

Psych sheets will be available online at www.excelaquatics.org on Monday prior to the meet.

PARKING

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.

EVALUATION

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

John Woods, General Chairman
205 Island Ave.
Chattanooga, TN 37405
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ORDER OF EVENTS

Friday, September 24, 2010

Evening Session: Warm-up: 4:30PM; Meet: 5:30 PM; Positive Check-In Deadline: 5:00 PM

Girls	Age Group	Event Description	Boys
1	Open	50 yd Freestyle	2
3	11 - 12	*400 yd IM	4
5	Open	*400 yd IM**	6
7	11 - 12	*1000 yd Freestyle	8
9	Open	*1650 yd Freestyle**##	10

*Deck seeded event, swum fastest to slowest. Positive check-in required in order to swim
Alternating women and men's heats. **Swum together, listed separately (13-14, Senior).



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Saturday, September 25, 2010

Morning Session: Warm-up: 7:00AM; Meet: 8:00AM; Positive Check-In Deadline: 7:30AM

Girls	Age Group	Event Description	Boys
11	10 & U	100 yd Freestyle	12
13	11 & 12	100 yd Freestyle	14
15	10 & U	100 yd IM	16
17	11 & 12	100 yd IM	18
19	10 & U	50 yd Backstroke	20
21	11 & 12	50 yd Backstroke	22
23	10 & U	100 yd Butterfly	24
25	11 & 12	100 yd Butterfly	26
27	10 & U	50 yd Breaststroke	28
29	11 & 12	50 yd Breaststroke	30
31	10 & U	200 yd Free Relay	32
33	11 & 12	200 yd Free Relay	34
10 Minute Break			
35	12 & U	500 yd Freestyle** #	36

Deck seeded event, swum fastest to slowest. Positive check-in required in order to swim.
 **Swum together, listed separately (10 & Under, 11-12).

Saturday, September 25, 2010

Afternoon Session: Warm up at the conclusion of AM session; Meet not before 1:00 PM

Girls	Age Group	Event Description	Boys
37	8 & Under	100 yd IM	38
39	Open	200 yd Freestyle**	40
41	8 & Under	50 yd Freestyle	42
43	Open	100 yd Breaststroke**	44
45	8 & Under	25 yd Breaststroke	46
47	Open	100 yd Backstroke**	48
49	8 & Under	25 yd Backstroke	50
51	Open	200 yd Butterfly**	52
53	8 & Under	50 yd Butterfly	54
55	Open	200 yd Free Relay**	56
57	8 & Under	100 yd Free Relay	58
10 Minute Break			
59	Open	500 yd Freestyle**##	60

**Swum together, listed separately 13-14 and Senior.
 ##Deck seeded event, swum fastest to slowest, alternating women and men's heats. Positive check-in required in order to swim.



EXCEL AQUATICS
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Sunday, September 26, 2010

Morning Session: Warm-up: 7:00 AM Meet: 8:00 AM; Positive Check-In Deadline: 7:30 AM

Girls	Age Group	Event Description	Boys
61	10 & U	200 yd Freestyle	62
63	11 & 12	200 yd Freestyle	64
65	10 & U	50 yd Butterfly	66
67	11 & 12	50 yd Butterfly	68
69	10 & U	100 yd Breaststroke	70
71	11 & 12	100 yd Breaststroke	72
73	10 & U	100 yd Backstroke	74
75	11 & 12	100 yd Backstroke	76
77	10 & U	50 yd Freestyle	78
79	11 & 12	50 yd Freestyle	80
81	10 & U	200 yd Medley Relay	82
83	11 & 12	200 yd Medley Relay	84
85	10 & U	200 yd IM	86
87	11 & 12	200 yd IM	88

Sunday, September 26, 2010

Afternoon Session: Warm up at conclusion of AM session; Meet not before 1:00 PM

Girls	Age Group	Event Description	Boys
89	Open	200 yd IM**	90
91	8 & Under	100 yd Freestyle	92
93	Open	100 yd Freestyle**	94
95	8 & Under	50 yd Breaststroke	96
97	Open	200 yd Breaststroke**	98
99	8 & Under	25 yd Butterfly	100
101	Open	100 yd Butterfly**	102
103	8 & Under	50 yd Backstroke	104
105	Open	200 yd Backstroke**	106
107	8 & Under	25 yd Freestyle	108
109	Open	200 yd Medley Relay**	110
111	8 & Under	100 yd Medley Relay	112
10 Minute Break			
113	Open	1000 yd Freestyle**##	114

****Swum together, listed separately 13-14 and Senior.**

##Deck seeded event, swum fastest to slowest, alternating women and men's heats. Positive check-in required in order to swim.

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:		



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WAIVER, ACKNOWLEDGMENT AND LIABILITY REWAIVER, 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 Government, 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 (SES):		X \$3.00 SES SURCHARGE =	
NUMBER OF SWIMMERS (NON SES):		X \$5.00 NON SES SRUCARGE =	
NUMBER OF SWIMMERS:		X \$3.00 FACILITY SURCHAREGE =	
NUMBER OF IND. EVENTS:		X \$4.50 PER EVENT ENTRY FEE =	
NUMBER OF RELAYS:		X \$10.00 PER RELAY ENTRY FEE	
TOTAL DUE:			