



**EXCEL AQUATICS  
2010 STARS AND STRIPES  
LONG COURSE OPEN  
June 4-6, 2010**

Sanctioned by USA Swimming and Southeastern Swimming, Inc.  
Sanction #: 10SEXCEL6-04

**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 - One Indoor 8-lane, 50-meter competition pool. Non-turbulent lane lines. 7 foot minimum, 10-foot maximum pool depth. Paddock racing blocks for all events. 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. Button and manual watch backup.

**MEET DIRECTOR(S)** 12 & Under TBD  
13 & Over Bridget Kaegi

**MEET REFEREE** Stephanie Nadeau [jnadeau103@aol.com](mailto:jnadeau103@aol.com)

**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** Timed finals with positive check-in for all events 400 meters 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.

Sessions	Warm-up Start	Deck Entry & Check-In Closes	Meet Start
Friday PM	2:00pm	2:30pm	3:15pm
Saturday & Sunday AM (13-14, Senior)	7:00am	7:30am	8:00am
Saturday & Sunday PM (12 & Under)	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 June 4, 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 four (4) individual events per day. Entry times should be in Long Course Meters (LCM). The meet will be limited to 250 athletes per session. 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. 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**

\$5.00 per individual event (\$6.00 per late/deck entry)  
\$10.00 per relay event (\$12.00 per late/deck entry)  
\$3.00 SES surcharge per swimmer (if team is within Southeastern Swimming LSC)  
\$5.00 Non-SES surcharge per swimmer (if team is outside Southeastern Swimming LSC)  
\$3.00 facility surcharge per swimmer  
Make checks payable to Excel Aquatics.

NOTE: Late/deck entries will be accepted until one half hour before the start of the 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, April 30, 2010, at 8:00am CST and will not be accepted after 11:59pm Thursday, May 20, 2010.

#### **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 DISABILITIES**

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 scoring for individual or relay events. Ribbons will be awarded for first through eighth place in all 8 & Under, 9-10, and 11-12 individual events.

#### **CLERK of COURSE**

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

#### **SEEDING**

All pre-seeded events will be swum slowest to fastest. Be sure all entry times are in Long Course Meters (LCM) to ensure that swimmers are properly seeded. 13-14 and Senior events will be swum together and scored separately. All positive check-in events 400 meters and longer will be swum fastest to slowest, alternating women and men.

#### **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/age\\_group](http://www.excelaquatics.org/age_group) 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.

**MEET EVALUATIONS** 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



EXCEL AQUATICS  
2010 STARS AND STRIPES  
LONG COURSE OPEN SWIM MEET

ORDER OF EVENTS  
FRIDAY, June 4, 2010

Friday Afternoon Session - All Swimmers  
Warm-ups at 2:00 P.M. & Competition at 3:15 P.M.

<u>GIRLS EVENTS</u>			<u>BOYS EVENTS</u>	
1	Senior	400 IM	2	
3	11 - 12	400 Free *	4	
5	Senior	*800Free **	6	

\* This event may be limited to the fastest 32 girls and the fastest 32 boys

\*\* This event may be limited to the 32 fastest girls and the 32 fastest boys. We will take the top 16 13-14 girls, the top 16 13-14 boys, the top 16 senior girls and the top 16 senior boys after positive check-in.



**EXCEL AQUATICS  
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*ORDER OF EVENTS  
SATURDAY, June 5, 2010*

AM Session – 13-14 & Senior  
Warm-ups at 7:00 A.M. & Competition at 8:00 A.M.

<u>WOMEN</u>			<u>MEN</u>
7	13 –14	200 Free Relay	8
9	Senior	200 Free Relay	10
11	13 – 14	200 IM	12
13	Senior	200 IM	14
15	13 –14	100 Back	16
17	Senior	100 Back	18
19	13 – 14	200 Breast	20
21	Senior	200 Breast	22
23	13 – 14	100 Free	24
25	Senior	100 Free	26
27	13-14	200 Butterfly	28
29	Senior	200 Butterfly	30
		10 minute break	
31	Senior	400 Free**	32

\*\* This event may be limited to the fastest 40 girls and fastest 40 boys. We will take the top 20 13-14 girls, the top 20 13-14 boys, the top 20 senior girls and the top 20 senior boys after positive check-in.

PM Session - 12 and Under  
Warm-ups at conclusion of Morning Session but not before 12:00 PM  
Competition not before 1:00 PM

<u>WOMEN</u>			<u>MEN</u>
33	11 -12	200 Free Relay	34
35	10&U	200 Free Relay *	36
37	11 - 12	50 Butterfly	38
39	10 & U	50 Butterfly	40
41	8 &U	50 Butterfly	42
43	11 – 12	100 Free	44
45	10 & U	100 Free	46
47	8 & U	100 Free	48
49	11 – 12	100 Breast	50
51	10 & U	100 Breast	52
53	11 - 12	50 Back	54
55	10 & U	50 Back	56
57	8 & U	50 Back	58
59	10 & Under	200 IM	60
61	11-12	200 IM	62

\*The 10 & Under relays will be scored 8 & Under, and 9-10.



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**ORDER OF EVENTS  
SUNDAY, June 6, 2010**

AM Session – 13-14, Senior Swimmers  
Warm-ups at 7:00 A.M. & Competition at 8:00 A.M.

<u>WOMEN</u>			<u>MEN</u>
63	13 – 14	200 Medley Relay	64
65	Senior	200 Medley Relay	66
67	13 – 14	200 Back	68
69	Senior	200 Back	70
71	13 – 14	100 Breast	72
73	Senior	100 Breast	74
75	13 – 14	200 Free	76
77	Senior	200 free	78
79	13 – 14	100 Fly	80
81	Senior	100 Fly	82
83	13 - 14	50 Free	84
85	Senior	50 Free	86
		10 minute break	
87	Senior	1500 Free**	88

\*\* This event may be limited to the 32 fastest girls and the 32 fastest boys. We will take the top 16 13-14 girls, the top 16 13-14 boys, the top 16 senior girls and the top 16 senior boys after positive check-in.

PM - 12 and Under Swimmers  
Warm-ups at the conclusion of the Morning Session but not before 12:00 pm  
Competition not before 1:00 pm

<u>GIRLS EVENTS</u>		<u>BOYS EVENTS</u>	
89	11 – 12	200 Medley Relay	90
91	10 & U	200 Medley Relay*	92
93	11 – 12	100 Back	94
95	10 & U	100 Back	96
97	11 – 12	50 Free	98
99	10 & U	50 Free	100
101	8 & U	50 Free	102
103	11 – 12	50 Breast	104
105	10 & U	50 Breast	106
107	8 & U	50 Breast	108
109	11 – 12	100 Fly	110
111	10 & U	100 Fly	112
113	11 – 12	200 Free	114
115	10 & U	200 Free	116

\*The 10 & Under relays will be scored 8 & Under, and 9-10.

**Southeastern Swimming  
Information Form for Disabled Swimmers**

<b>NAME:</b>		<b>AGE:</b>	<b>DATE OF BIRTH:</b>	
<b>ADDRESS:</b>			<b>PHONE NUMBER:</b>	
<b>EVENTS ENTERED:</b>				
<b>EVENT:</b>	<b>NO.</b>	<b>EVENT:</b>	<b>NO.</b>	
<b>EVENT:</b>	<b>NO.</b>	<b>EVENT:</b>	<b>NO.</b>	
<b>EVENT:</b>	<b>NO.</b>	<b>EVENT:</b>	<b>NO.</b>	
<b>DESCRIBE TYPE AND EXTENT OF DISABILITY (Be specific; e.g. totally or partially blind or deaf; loss of limbs, multiple disabilities):</b>				
<b>THE FOLLOWING PERSONS WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:</b>		<b>NAME:</b>		
		<b>NAME:</b>		
<b>SEIZURES?</b>	<b>YES:</b> <input type="checkbox"/>	<b>ARE YOU ON MEDICATION?</b>	<b>YES:</b> <input type="checkbox"/>	<b>MEDICATION/DOSE:</b>
	<b>NO:</b> <input type="checkbox"/>		<b>NO:</b> <input type="checkbox"/>	
<b>MEDICATION/DOSE:</b>	<b>MEDICATION/DOSE:</b>		<b>MEDICATION/DOSE:</b>	
<b>PARENT OR GUARDIAN'S NAME:</b>			<b>PHONE NUMBER:</b>	
<b>PARENT OR GUARDIAN'S SIGNATURE:</b>		<b>ATHLETE'S SIGNATURE:</b>		
<b>PHYSICIAN'S NAME:</b>			<b>PHONE NUMBER:</b>	
<b>PHYSICIAN'S ADDRESS:</b>				
<b>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.</b>				
<b>PHYSICIAN'S SIGNATURE:</b>			<b>DATE:</b>	



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**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, Williams County Parks and Recreation, 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

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