

# Nashville Aquatic Club Summer Sizzler Invitational

## June 26 – June 28, 2009

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of United States Swimming, the rules of which will apply.

Sanctioned by Southeastern Swimming, Inc.

SANCTION #09SENAC6-26

COURSE: LCM

TIME TRIAL SANCTION#09SENAC6-26

COURSE: LCM

### **HOSTED BY:**

### **Nashville Aquatic Club**

#### **(13&Over Prelims & ALL Finals)**

Centennial Sportsplex  
222 25<sup>th</sup> Ave. N.  
Nashville, Tennessee 37203  
(615) 321-3510

#### **(11-12 Prelims & 10&U Timed Finals)**

Williamson Co. Indoor Sports Complex  
920 Heritage Way  
Brentwood, Tennessee 37027  
(615) 370-3471

**FACILITIES:** Both facilities offer an 8-Lane, 50 meter competition pool with a 7 foot minimum depth, non-turbulent lane lines and fully automatic electronic timing system and scoreboard with lane/time/place display.

**RULES:** 2009 USA Swimming rules will govern the conduct of the meet unless otherwise noted.

**OFFICIALS:** Meet Director: ERIN O'HARA

[erin.ohara@law.vanderbilt.edu](mailto:erin.ohara@law.vanderbilt.edu)

Meet Referee: MIKE DOBBS

[Mdobbs.nash@comcast.net](mailto:Mdobbs.nash@comcast.net)

We ask for your teams to help in supplying officials for the meet. Anyone in the process of achieving certification through on-deck training is welcome. Contact Michael Dobbs at [Mdobbs.nash@comcast.net](mailto:Mdobbs.nash@comcast.net) with questions or sessions that can be worked. Officials will dress kaki/white during prelims and kaki/blue for finals. Thank you for your help in advance.

**ELIGIBILITY:** All participants must be USA Swimming registered athletes or the swimmer's own National equivalent. Entries will not be accepted without 2009 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 Meet Director will post and announce 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:**

### **WARM-UP**

### **COMPETITION**

FRIDAY PRELIMS (13&O)

6:45 a.m.

8:30 a.m.

FRIDAY PRELIMS (12&U)

7:30 a.m.

9:00 a.m.

FRIDAY FINALS

4:00 p.m.

5:30 p.m.

SATURDAY PRELIMS (13&O)

6:45 a.m.

8:30 a.m.

SATURDAY PRELIMS (12&U)

7:30 a.m.

9:00 a.m.

SATURDAY FINALS

4:00 p.m.

5:30 p.m.

SUNDAY PRELIMS (13&O)

6:45 a.m.

8:30 a.m.

SUNDAY PRELIMS (12&U)	7:30 a.m.	9:00 a.m.
SUNDAY FINALS	4:00 p.m.	5:30 p.m.

**ENTRIES:** Teams who have HYTEK's Meet/Team Manager should submit their entries via e-mail. Entries must be completely filled out including the swimmer's best times for meters. Results Files will be available at the end of the meet and on our website at [www.swimnac.com](http://www.swimnac.com).

**TIME TRIALS:** Time trials may be held upon reasonable request at the discretion of the meet referee. Such swims will be held after the finals session each night and, time permitting, after the morning preliminaries each day. Fees for time trials shall be \$6.00 per individual event and \$12.00 per relay.

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

**DEADLINE:** We will begin taking entries **Tuesday May 26, 2009** and continue to receive entries until the meet is full. Entered teams will be able to update their entry until 6:00 p.m. Monday June 15, 2009. Entry fees including surcharges **MUST** be received by the Entries Chairman on or before Friday June 26, 2009. Late Entries will be accepted for available lanes only until 9:00 a.m. on Friday June 26, 2009. No new heats will be formed.

Completed entries should be mailed to: BRUCE RAMSDEN  
115 Kenner Avenue  
Nashville, TN 37205  
[Bruce.ramsden@gmail.com](mailto:Bruce.ramsden@gmail.com)

**FEES:** \$3.00 per REGISTERED SOUTHEASTERN LSC swimmer surcharge  
\$5.00 per OUT OF SOUTHEASTERN LSC swimmer surcharge  
\$5.00 Facility Surcharge  
ALL EVENT FEES - \$5.00 per individual event / \$10.00 per relay  
LATE FEES: \$6.00 per individual event / \$12.00 per relay

PLEASE MAKE CHECKS PAYABLE TO: Nashville Aquatic Club – all entry fees are non-refundable.

**LIMITS:** 13 & Over Swimmers are limited to 2 individual events per day exclusive of relays. 12 & Under Swimmers are limited to 3 individual events per day exclusive of relays. Entries may be limited to 450 13 & Older swimmers and 450 12 & Under swimmers. ***The host team reserves the right to limit the number of heats in any event in order to run the meet in the allotted time.***

**MEET FORMAT:**

- This will be a Prelim/Final Meet for swimmers ages 11 & Older. All 11-12 & 13-14 events will swim one heat (top 8) at finals with the exception of the 11-12 400 Freestyle (timed finals event). Open events will swim three heats (top 20) for each event 400 meters distance and less in the following format: A Final (Top 4 swimmers from prelims with open lanes between competitors), B Final (Swimmers 5-12 from prelims) C Final (Swimmers 13-20 from prelims).
- The 13 & Over Women's 800 meter Freestyle and 13 & Over Men's 1500 meter Freestyle will be contested as Timed Finals events with the fastest heat (top 8) of each event swimming with finals. Morning heats of the women's 800 meter Freestyle and men's 1500 meter Freestyle will be swum fastest to slowest, alternating women/men. **We reserve the right to swim two swimmers per lane in these events if needed.**



**FRIDAY June 26, 2009**  
**Friday Preliminaries – 13-14 and Open (at Centennial Sportsplex)**  
**Warm-ups at 6:45 A.M. & Competition at 8:30 A.M.**

<b>GIRLS</b>	<b>Standard</b>	<b>EVENT</b>	<b>Standard</b>	<b>BOYS</b>
1	2:32.59	13-14 200 Freestyle	2:24.99	2
3	2:29.39	Open 200 Freestyle	2:18.99	4
5		13-14 100 Breaststroke		6
7		Open 100 Breaststroke		8
9		13-14 100 Butterfly		10
11		Open 100 Butterfly		12
13	6:02.29	13-14 400 IM* (A Flight)	5:46.19	14
15	5:56.59	Open 400 IM** (A Flight)	5:29.99	16
17		13-14 400 Freestyle Relay#		18
19		Open 400 Freestyle Relay## 400 IM (B Flight)&&		20

\* Positive check-in by 8:30 AM for the 400 IM. Top 16 swimmers after positive check-in will swim in "A" Flight after Open 100 Fly. Remaining swimmers will swim after morning relays in "B" Flight.

\*\*Positive check-in by 8:30 AM for the 400 IM. Top 32 swimmers after positive check-in will swim in "A" Flight after 13-14 400 IM. Remaining swimmers will swim after morning relays in "B" Flight.

&& B Flight of 400 IM will be combined into 13 & Over and swum fastest to slowest alternating women/men

# Positive check-in by 8:30 AM for Relays. Top 8 entries after positive check-in will swim during Finals. Remaining heats will swim after "A" flight of Open 400 IM.

## Positive check-in by 8:30 AM for Relays. Top 16 entries after positive check-in will swim during Finals. Remaining heats will swim after morning 13-14 Relays and "A" flight of 400 IM.

**Friday Timed Finals/Prelims – 10 & Under and 11-12 (at WCISC)**  
**Warm-ups at 7:30 A.M. & Competition at 9:00 A.M.**

<b>GIRLS</b>	<b>Standard</b>	<b>EVENT</b>	<b>Standard</b>	<b>BOYS</b>
21	2:48.69	11-12 200 Freestyle	2:48.69	22
23	3:13.99	10&U 200 Freestyle	3:13.99	24
25		11-12 50 Breaststroke		26
27		10&U 50 Breaststroke		28
29		11-12 50 Butterfly		30
31		10&U 50 Butterfly		32
33	5:59.99	11-12 400 Freestyle*	5:59.99	34

\* Positive check-in by 9:00 a.m. for the 400 Free. Timed Finals event - all heats will be swum during this session. Event will be swum fastest to slowest alternating Girls/Boys.

**Friday Finals (at Centennial Sportsplex)**  
**Warm-ups at 4:00 P.M. & Competition at 5:30 P.M.**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
21	11-12 200 Freestyle	22
1	13-14 200 Freestyle	2
3	Open 200 Freestyle	4
25	11-12 50 Breaststroke	26
5	13-14 100 Breaststroke	6
7	Open 100 Breaststroke	8
29	11-12 50 Butterfly	30
9	13-14 100 Butterfly	10
11	Open 100 Butterfly	12
13	13-14 400 IM	14
15	Open 400 IM	16
17	13-14 400 Freestyle Relay (Fastest 8)	18
19	Open 400 Freestyle Relay (Fastest 16)	20

**SATURDAY June 27, 2009 –**

**Saturday Preliminaries – 13-14 and Open (at Centennial Sportsplex)**

**Warm-ups at 6:45 A.M. & Competition at 8:30 A.M.**

<b>GIRLS</b>	<b>Standard</b>	<b>EVENT</b>	<b>Standard</b>	<b>BOYS</b>
35	2:49.49	13-14 200 Butterfly	2:39.89	36
37	2:44.69	Open 200 Butterfly	2:32.19	38
39		13-14 50 Freestyle		40
41		Open 50 Freestyle		42
43	3:11.99	13-14 200 Breaststroke	3:02.39	44
45	3:08.49	Open 200 Breaststroke	2:54.29	46
47		13-14 100 Backstroke		48
49		Open 100 Backstroke		50
51	5:16.59	13-14 400 Freestyle*	5:05.59	52
53	5:12.19	Open 400 Freestyle**	4:53.29	54
55		13-14 400 Medley Relay#		56
57		Open 400 Medley Relay## 400 Free (B Flight)&&		58

\* Positive check-in by 8:30 AM. Top 16 swimmers after positive check-in swim in "A" Flight after Open 100 Back. Remaining swimmers will swim after morning relays in "B" Flight.

\*\* Positive check-in by 8:30 AM. Top 32 swimmers after positive check-in swim in "A" Flight after 13-14 400 Free. Remaining swimmers will swim after relays in "B" Flight.

&& B Flight of 400 Freestyle will be combined into 13 & Over and swum fastest to slowest alternating women/men

# Positive check-in by 8:30 AM. Top 8 after check-in will swim during Finals. Remaining heats will swim after "A" flight of Open 400 Free.

## Positive check-in by 8:30 AM. Top 16 after check-in will swim during Finals. Remaining heats will swim after morning 13-14 Relays and "A" flight of 400 Free.

**Saturday Timed Finals/Prelims – 10 & Under and 11-12 (at WCISC)**

**Warm-ups at 7:30 A.M. & Competition at 9:00 A.M.**

<b>GIRLS</b>	<b>Standard</b>	<b>EVENT</b>	<b>Standard</b>	<b>BOYS</b>
59		10&U 100 Butterfly		60
61		11-12 100 Butterfly		62
63		10&U 50 Freestyle		64
65		11-12 50 Freestyle		66
67		10&U 100 Breaststroke		68
69		11-12 100 Breaststroke		70
71		10&U 50 Backstroke		72
73		11-12 50 Backstroke		74
75		10&U 200 Freestyle Relay	76	
77		11-12 200 Freestyle Relay	78	

**Saturday Finals (at Centennial Sportsplex) - Warm-ups 4:00 P.M. & Competition 5:30 P.M.**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
61	11-12 100 Butterfly	62
35	13-14 200 Butterfly	36
37	Open 200 Butterfly	38
65	11-12 50 Freestyle	66
39	13-14 50 Freestyle	40
41	Open 50 Freestyle	42
69	11-12 100 Breaststroke	70
43	13-14 200 Breaststroke	44
45	Open 200 Breaststroke	46
73	11-12 50 Backstroke	74
47	13-14 100 Backstroke	48
49	Open 100 Backstroke	50

51	13-14 400 Freestyle	52
53	Open 400 Freestyle	54
55	13-14 400 Medley Relay (Fastest 8)	56
57	Open 400 Medley Relay (Fastest 16)	58

**SUNDAY June 28, 2009**

**Sunday Preliminaries – 13-14 and Open (at Centennial Sportsplex)**  
**Warm-ups at 6:45 A.M. & Competition at 8:30 A.M.**

<b>GIRLS</b>	<b>Standard</b>	<b>EVENT</b>	<b>Standard</b>	<b>BOYS</b>
79	2:52.39	13-14 200 Individual Medley	2:42.79	80
81	2:48.09	Open 200 Individual Medley	2:37.09	82
83	2:51.39	13-14 200 Backstroke	2:41.59	84
85	2:47.29	Open 200 Backstroke	2:34.29	86
87		13-14 100 Freestyle		88
89		Open 100 Freestyle		90
91	10:47.99(13-14) 10:41.89(Open)	13&Over Women 800 Freestyle*		
		13&Over Men 1500 Freestyle* (13-14) 20:13.09 (Open) 19:22.99		92

\* Deck seeded event: Positive check-in by 8:30 AM for the 800 and 1500 Freestyles. Event is timed finals with fastest heat of 800 Free and 1500 Free swimming during finals. Morning heats will be swum fastest to slowest alternating women/men. Event will be sum together but scored separately 13-14 and Open.

**Sunday Timed Finals/Prelims – 10 & Under and 11-12 (at WCISC)**  
**Warm-ups at 7:30 A.M. & Competition at 9:00 A.M.**

<b>GIRLS</b>	<b>Standard</b>	<b>EVENT</b>	<b>Standard</b>	<b>BOYS</b>
93	3:44.79	10&U 200 Individual Medley	3:44.79	94
95	3:13.89	11-12 200 Individual Medley	3:13.89	96
97		10&U 100 Backstroke		98
99		11-12 100 Backstroke		100
101		10&U 100 Freestyle		102
103		11-12 100 Freestyle		104
105		10&U 200 Medley Relay		106
107		11-12 200 Medley Relay		108

**Sunday Finals (at Centennial Sportsplex)**  
**Warm-ups 4:00 P.M. & Competition 5:30 P.M.**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
<b>87</b>	<b>13&amp;Over Women 800 Freestyle (Fastest 8)</b>	
	<b>13&amp;Over Men 1500 Freestyle (Fastest 8)</b>	<b>88</b>
95	11-12 200 Individual Medley	96
75	13-14 200 Individual Medley	76
77	Open 200 Individual Medley	78
99	11-12 100 Backstroke	100
79	13-14 200 Backstroke	80
81	Open 200 Backstroke	82
103	11-12 100 Freestyle	104
83	13-14 100 Freestyle	84
85	Open 100 Freestyle	86

## 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.

**Type of disability**

(describe): \_\_\_\_\_

**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 persons will accompany the swimmer for any needed assistance:

Seizures? Yes \_\_\_\_\_ No \_\_\_\_\_      Are You on Medication? Yes \_\_\_\_\_

Type of Medication	Dose

Parent or Guardian's Name: \_\_\_\_\_ Phone No.: \_\_\_\_\_

Parent or Guardian's Signature: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

Physician's Name: \_\_\_\_\_ Phone No.: \_\_\_\_\_

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.

**Physicians Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**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. The Nashville Aquatic Club, Centennial Sportsplex, Metro Parks Dept., 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: \_\_\_\_\_

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**Team Information**

Team Name: \_\_\_\_\_ Initials: \_\_\_\_\_

Email Address : \_\_\_\_\_

LSC: \_\_\_\_\_ Coach: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (W) \_\_\_\_\_ (H) \_\_\_\_\_

Person to contact for questions on entry: \_\_\_\_\_

Phone: (W) \_\_\_\_\_ (H) \_\_\_\_\_

Certified Officials who may wish to work:

1. \_\_\_\_\_ 2. \_\_\_\_\_

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**Entry Recap**

Total Number of Swimmer facility surcharge	_____ x \$5.00 =	\$ _____
Total Number of Swimmer Surcharges – IN SES LSC	_____ x \$3.00 =	\$ _____
Total Number of Swimmer Surcharges –NON SES LSC	_____ x \$5.00=	\$ _____
Total Number of Individual Events Entered	_____ x \$5.00 =	\$ _____
Total Number of Relays Entered	_____ x \$10.00 =	\$ _____
<b>Total Amount Enclosed</b>		<b>\$ _____</b>

### ENTRY FORM

Times should be in **LONG COURSE METERS**

Please duplicate as needed

		EVT #	EVENT NAME	BEST TIME	EVT #	EVENT NAME	BEST TIME
NAME OF SWIMMER							
USS REGISTRATION #							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION #							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION #							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION #							
DATE OF BIRTH	SEX						