

Nashville Aquatic Club Summer Sizzler Invitational

June 25 - June 27, 2010

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: 10SENAC6-25

COURSE: LCM

TIME TRIAL SANCTION: 10SENAC6-25TT

COURSE: LCM

HOSTED BY:

Nashville Aquatic Club

(13 & Over Prelims & ALL Finals)

Centennial Sportsplex
222 25th 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: 2010 USA Swimming rules will govern the conduct of the meet unless otherwise noted.

OFFICIALS: Meet Director: Chris McPherson
nashvillemacs@mac.com
(615) 554-3354

Meet Referee: John Molchan
jmolc68118@aol.com
(850) 433-2786

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. Please contact John Molchan.

ELIGIBILITY: All participants must be USA Swimming registered athletes or the swimmer's own National equivalent. Entries will not be accepted without 2010 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)
FRIDAY PRELIMS (12&U)
FRIDAY FINALS

6:45 a.m.
7:15 a.m.
4:00 p.m.

8:30 a.m.
9:00 a.m.
5:30 p.m.

SATURDAY PRELIMS (13&O)
SATURDAY PRELIMS (12&U)
SATURDAY FINALS

6:45 a.m.
7:15 a.m.
4:00 p.m.

8:30 a.m.
9:00 a.m.
5:30 p.m.

SUNDAY PRELIMS (13&O)
SUNDAY PRELIMS (12&U)
SUNDAY FINALS

6:45 a.m.
7:15 a.m.
4:00 p.m.

8:30 a.m.
9:00 a.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.

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 on **Tuesday, May 25, 2010**. We will continue to receive entries (including a check for entry fees, USAS registration numbers, signed waiver, and recap sheet) until 6:00 p.m., Monday, June 14, 2010, or until the meet is full. You will be notified as soon as possible if the meet fills and your entries are not accepted. Entered teams will be able to update their entries until this date and time, as well. Late Entries will be accepted for available lanes only until 9:00 a.m. each morning of the meet. No new heats will be formed.

Completed entries should be mailed to: Cindy Davis
1205 Cornerstone Court
Nashville, TN 37221
entry@swimnac.com
(615) 618-4873

FEES: \$3.00 per REGISTERED SOUTHEASTERN LSC swimmer surcharge
\$5.00 per OUT OF SOUTHEASTERN LSC swimmer surcharge
\$5.00 per swimmer 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 **two individual events per day exclusive of the 50 meter events and 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.***
[All PRELIM/FINAL swimmers are limited to 3 individual events per day]

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.**

- All 13 & Over individual events with the exception of the 400 meter Freestyle, 400 meter IM, women's 800 meter Freestyle, and men's 1500 meter Freestyle will be pre-seeded. Swimmers must sign-in with the clerk of course for all deck seeded events. The sign-in deadline will be 8:30 a.m. on each day for these events.
- This will be a Timed Finals Meet for swimmers in the 10 & Under age group.
- All 12 & Under events will be pre-seeded with the exception of the 11-12 400 meter Freestyle. Swimmers in this event must sign in at the clerk of course by 9:00 a.m. Friday.
- ALL Relays will be swum as Timed Finals. Teams will be limited to 2 relay entries per event. All 13&Over relays will be required to positive check in by 8:30 a.m. on the day they are swum.
- After positive check-in for relays, the fastest 8 relays in 13-14 events and the fastest 16 relays in Open events will swim during Finals. All remaining relays will be swum during preliminaries between the "A" Flight and "B" Flight of the 400 IM (Friday) and 400 Freestyle (Saturday).
- **13 & Over Flighted Preliminaries** – Events 17-20 (400 IM) and 55-58 (400 Free) will have two flights of preliminary competition. After positive check-in, the fastest 16 entries in each 13-14 event and the fastest 32 entries in each Open event will swim an "A" Flight of preliminaries in normal event order. All remaining entries will be swum in a "B" Flight. The "B" Flight will be combined as 13 & Over and swum fastest to slowest alternating women/men. The "B" Flight will follow morning relays. **All swimmers in the "B" Flight should be prepared to provide a timer for their lane if needed.**
- Southeastern Swimming scratch rules will be followed.
- Sunday night finals will be conducted on a positive check-in basis. Swimmers must go to the Clerk of Course to note their intentions to compete in accordance with normal scratch time limits. Swimmers not positively checking in will not be considered for finals.

SCORING: 20-17-16-15-14-13-12-11 (1st-8th place in all individual events)
 9-7-6-5-4-3-2-1 (9th-16th place in all Open events)
 40-34-32-30-28-26-24-22 (1st-8th place in all relay events)

AWARDS: Individual Events 1st-8th Place awarded
 Relay Events 1st-3rd Place awarded
 Combined Team Scoring 1st-3rd Place awarded
 Ribbons will be awarded to 12 & under swimmers only.

COACHES MEETING: A coaches meeting will be held on Friday morning before the beginning of the preliminary session at each location. No swimmers will be allowed in the pool during this meeting.

MEET EVALUATIONS:

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

Southeastern Swimming General Chairman
 John Woods
 205 Island Ave
 Chattanooga, TN 37405

FRIDAY June 25, 2010
Friday Preliminaries – 13-14 and Open (at Centennial Sportsplex)
Warm-ups at 6:45 A.M. & Competition at 8:30 A.M.

GIRLS	Standard	EVENT	Standard	BOYS
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 50 Backstroke		6
7		Open 50 Backstroke		8
9		13-14 100 Breaststroke		10
11		Open 100 Breaststroke		12
13		13-14 100 Butterfly		14
15		Open 100 Butterfly		16
17	6:02.29	13-14 400 IM* (A Flight)	5:46.19	18
19	5:56.59	Open 400 IM** (A Flight)	5:29.99	20
21		13-14 400 Freestyle Relay#		22
23		Open 400 Freestyle Relay## 400 IM (B Flight)&&		24

* 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 7:15 A.M. & Competition at 9:00 A.M.

GIRLS	Standard	EVENT	Standard	BOYS
25	2:48.69	11-12 200 Freestyle	2:48.69	26
27	3:13.99	10&U 200 Freestyle	3:13.99	28
29		11-12 50 Breaststroke		30
31		10&U 50 Breaststroke		32
33		11-12 50 Butterfly		34
35		10&U 50 Butterfly		36
37	5:59.99	11-12 400 Freestyle*	5:59.99	38

* 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.

GIRLS	EVENT	BOYS
25	11-12 200 Freestyle	26
1	13-14 200 Freestyle	2
3	Open 200 Freestyle	4
5	13-14 50 Backstroke	6
7	Open 50 Backstroke	8
29	11-12 50 Breaststroke	26
9	13-14 100 Breaststroke	10
11	Open 100 Breaststroke	12
33	11-12 50 Butterfly	30
13	13-14 100 Butterfly	14
15	Open 100 Butterfly	16
17	13-14 400 IM	18
19	Open 400 IM	20
21	13-14 400 Freestyle Relay (Fastest 8 seeds)	22

SATURDAY June 26, 2010**Saturday Preliminaries – 13-14 and Open (at Centennial Sportsplex)****Warm-ups at 6:45 A.M. & Competition at 8:30 A.M.**

GIRLS	Standard	EVENT	Standard	BOYS
39	2:49.49	13-14 200 Butterfly	2:39.89	40
41	2:44.69	Open 200 Butterfly	2:32.19	42
43		13-14 50 Freestyle		44
45		Open 50 Freestyle		46
47	3:11.99	13-14 200 Breaststroke	3:02.39	48
49	3:08.49	Open 200 Breaststroke	2:54.29	50
51		13-14 100 Backstroke		52
53		Open 100 Backstroke		54
55	5:16.59	13-14 400 Freestyle*	5:05.59	56
57	5:12.19	Open 400 Freestyle**	4:53.29	58
59		13-14 400 Medley Relay#		60
61		Open 400 Medley Relay## 400 Free (B Flight)&&		62

* 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 7:15 A.M. & Competition at 9:00 A.M.**

GIRLS	Standard	EVENT	Standard	BOYS
63		10&U 100 Butterfly		64
65		11-12 100 Butterfly		66
67		10&U 50 Freestyle		68
69		11-12 50 Freestyle		70
71		10&U 100 Breaststroke		72
73		11-12 100 Breaststroke		74
75		10&U 50 Backstroke		76
77		11-12 50 Backstroke		78
79		10&U 200 Freestyle Relay		80
81		11-12 200 Freestyle Relay		82

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

GIRLS	EVENT	BOYS
65	11-12 100 Butterfly	66
39	13-14 200 Butterfly	40
41	Open 200 Butterfly	42
69	11-12 50 Freestyle	70
43	13-14 50 Freestyle	44
45	Open 50 Freestyle	46
73	11-12 100 Breaststroke	74
47	13-14 200 Breaststroke	48
49	Open 200 Breaststroke	50
77	11-12 50 Backstroke	78
51	13-14 100 Backstroke	52
53	Open 100 Backstroke	54
55	13-14 400 Freestyle	56
57	Open 400 Freestyle	58

59	13-14 400 Medley Relay (Fastest 8)	60
61	Open 400 Medley Relay (Fastest 16)	62

SUNDAY June 27, 2010

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

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

GIRLS	Standard	EVENT	Standard	BOYS
83		13-14 50 Butterfly		84
85		Open 50 Butterfly		86
87	2:52.39	13-14 200 Individual Medley	2:42.79	88
89	2:48.09	Open 200 Individual Medley	2:37.09	90
91	2:51.39	13-14 200 Backstroke	2:41.59	92
93	2:47.29	Open 200 Backstroke	2:34.29	94
95		13-14 50 Breaststroke		96
97		Open 50 Breaststroke		98
99		13-14 100 Freestyle		100
101		Open 100 Freestyle		102
103	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		104

* 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 swum together, but scored separately for 13-14 and Open.

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

Warm-ups at 7:15 A.M. & Competition at 9:00 A.M.

GIRLS	Standard	EVENT	Standard	BOYS
105	3:44.79	10&U 200 Individual Medley	3:44.79	106
107	3:13.89	11-12 200 Individual Medley	3:13.89	108
109		10&U 100 Backstroke		110
111		11-12 100 Backstroke		112
113		10&U 100 Freestyle		114
115		11-12 100 Freestyle		116
117		10&U 200 Medley Relay		118
119		11-12 200 Medley Relay		120

Sunday Finals (at Centennial Sportsplex)

Warm-ups 4:00 P.M. & Competition 5:30 P.M.

GIRLS	EVENT	BOYS
103	13&Over Women 800 Freestyle (Fastest 8)	
	13&Over Men 1500 Freestyle (Fastest 8)	104
83	13-14 50 Butterfly	84
85	Open 50 Butterfly	86
107	11-12 200 Individual Medley	108
87	13-14 200 Individual Medley	88
89	Open 200 Individual Medley	90
111	11-12 100 Backstroke	112
91	13-14 200 Backstroke	92
93	Open 200 Backstroke	94
95	13-14 50 Breaststroke	96
97	Open 50 Breaststroke	98
115	11-12 100 Freestyle	116

99
101

13-14 100 Freestyle
Open 100 Freestyle

100
102

SOUTHEASTERN LSC
INFORMATION FORM FOR SWIMMERS WITH A DISABILITY

This non-mandatory form is for accommodation purposes.

Name _____

Address _____

Team _____ USA Registration # _____

Age and Birth date: _____

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.

Meet Director Email: nashvillemacs@mac.com

Meet Referee Email: jmolc68118@aol.com

Disability Chair Email: 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. 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: _____

Team Information

Team Name: _____ Initials: _____

LSC: _____ Email Address : _____

Address: _____ Phone (w): _____

Coach: _____

Coach's Cell Phone (for contact during Meet): _____

Person to contact for questions on entry: _____

Phone: (W) _____ (H) _____

Certified Officials who may wish to work:

1. _____ 2. _____

Entry Recap

Total Number of Swimmers -Facility Surcharge	_____ x \$5.00 =	\$_____
Total Number of Swimmers - Surcharge – IN SES LSC	_____ x \$3.00 =	\$_____
Total Number of Swimmers - Surcharge –NON SES LSC	_____ x \$5.00=	\$_____
Total Number of Individual Events Entered	_____ x \$5.00 =	\$_____
Total Number of Relays Entered	_____ x \$10.00 =	\$_____
Total Amount Enclosed		\$_____

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						