

**2012 Middle Tennessee
Middle School Swimming & Diving Championships
Hosted by Ensworth School & Nashville Aquatic Club
Saturday, January 28, 2012**

Hosted By: Ensworth School & Nashville Aquatic Club

Location: Centennial Sportsplex, 222 25th Avenue N, Nashville, TN 37203

Facility: The competitive pool is 50 meters, divided by two bulkheads, with each course 25 yards with 8 nine foot wide lanes. 25-yard warm-up/warm-down pool is located adjacent to the competition pool. Eight lanes will be used for finals session. Pool depth is a minimum of 7 feet. It is equipped with Colorado Timing, Swimming systems. Wireless live results in the pool area will be available for those with Hy-Tek's Hy-Wire installed on their Pocket PC or Palm OS device. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Only coaches and athletes are permitted on the pool deck. Locker rooms are adjacent to the pool.

Officials: Meet Director: Colleen Heyman
Nashville Aquatic Club
PO Box 128318
Nashville, TN 37212
Phone: 615-491-6196
Email: accounting@swimnac.com

Meet Referee: Charlotte Gabel
Email: cosmogabel@gmail.com

Diving Referee: John Goddard
Email: jgoddardvols@mindspring.com

Eligibility: Each swimmer/diver may enter a maximum of 4 events, no more than 2 of which may be individual events. Schools are not limited to the number of swimmers in any event however, a team is allowed only four (4) scoring entries in each individual event with all other entries being exhibition entries. Exhibition entries are to be designated with an "X" next to the time on the original team entry form. A team is allowed one scoring relay per relay event, but may enter one additional exhibition relay. Exhibition relays will be seeded separately. Eligibility is restricted to students who are currently their school grade (6th, 7th & 8th grades) and have not repeated a grade during those years.

DIVING FORMAT: The diving area has two boards with DuraMaxi Flex boards. Water depth is 14 feet. Competition will follow national federation meet guidelines which are one voluntary dive and five optional dives. The voluntary group used for this meet will be the forward group. The voluntary will use its assigned degree of difficulty or 1.8 (whichever is lower). The five optional dives will use their assigned degree of difficulty. All divers will complete the full list of six dives. All divers will perform their voluntary as their first dive. All diving forms are due one hour prior to the start of competition. Changes may be made up to 30 minutes before the diving competition. **All divers must be included on your Hy-Tek entry file.**

The diving warm-ups will begin immediately following the completion of the swimming preliminaries. There will be an open warm up for 60 minutes, followed by the competition. The boys and girls will compete at the same time, but be scored as separate events.

Schedule:

Preliminary Session:

Saturday, January 28, 2012

Warm Up: 9:00 am – 10:15 am (may be divided into 2 sessions)

Meet Starts: 10:30 am

Finals Session:

Saturday, January 28, 2012

Warm Up: 4:45 pm – 5:15 pm

Meet Starts: 5:30 pm

Diving Session:

Saturday, January 28, 2012

Warm Up: There will be a 60 minute warm up immediately following the swim session.

Start: At the conclusion of warm ups

Cost:

\$ 4.00 per individual swimming event / \$10 per diver

\$10.00 per relay event

\$ 5.00 facility surcharge per athlete

Coaches' Meeting: 10:15 am in the hospitality room.

Entry:

Computer Entry: Teams without Hy-Tek Software should download the team manager lite free from the Hy-Tek website. Please be sure to include a hard copy for proof reading purposes. Please complete team Liability Waiver and Entry Recap. Entries may be sent via e-mail to entry@swimnac.com. No Phone or FAX entries will be accepted. All Divers must be entered on a Hy-Tek entry file.

NO HAND WRITTEN ENTRIES WILL BE ACCEPTED

Diskette or entry forms, summary sheets, entry fees, and surcharges must be received by the Entry Chairperson on or before 5 pm **Tuesday, January 17, 2012.**

ENTRY CHAIR:

Heidi Kemp

1002 Greenhill Cove

Brentwood, TN 37027

entry@swimnac.com

Entry Corrections: Coaches are responsible for the accuracy of entries. Corrections must be submitted via email to entry@swimnac.com by the entry deadline. The psych sheet will be posted on www.swimnac.com by Thursday, January 19, 2012. **No changes, additions or deletions will be allowed after the January 17th deadline.**

Seeding:

All events will be circle seeded except the 500 Freestyle and the 400 Freestyle Relay which will be deck seeded. Swimmers will need to provide their own counters for the 500 Freestyle. Swimmers or Coaches of swimmers participating in the 500 Free and 400 Freestyle Relay must check in with the Clerk of Course per the following schedule:

500 Free: Sign in by 10:30 AM Saturday, January 28
400 Free Relay: Sign in by 10:30 AM Saturday, January 28

Relay cards will be in the coaches' packets and **must be submitted to Clerk of Course no later than 10:30 AM**. Each card must contain the first and last names and ages for all swimmers eligible to compete. 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.

Scoring & Awards:

Points will be awarded for first through sixteenth place for both individual and relay events. Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relays will score double points. Exhibition entries will not score points. Ribbons will be awarded for first through eighth place for all events. Team trophies will be presented to the top three teams in the boys' division, girls' division and in the combined division. A team must consist of male and female swimmers in order to qualify for the combined division.

Special Notes:

The meet director reserves the right to run this meet in two courses, with diving to follow immediately after the swimming session.

The meet will be conducted under the rules of the 2011/2012 National Federation rule book as adopted by TISCA.

The Meet Director reserves the right to limit the 500 Freestyle to the fastest six heats of boys and the fastest six heats of girls.

In the interest of safety, all coaches and swimmers are asked to observe all posted pool and facility rules and conduct themselves in a safe and prudent manner.

The meet director reserves the right to conduct the meet in a single course based upon the number of entries.

Should there be any questions, meet officials will recognize coaches or their designated representatives **ONLY**.

Final Results as well as Live Results will be available on www.swimnac.com

Failing to swim an event after a positive check-in will result in the swimmer being barred from his/her next individual event, unless excused by the meet referee for a valid excuse.

Safety:

In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool and facility rules referred to in this meet information and to conduct themselves in a safe and prudent manner. Nashville Aquatic Club, Ensworth School and the Nashville Metro Board of Parks/Centennial Sportsplex are not responsible for any injury, damage or loss of valuables during the meet.

ORDER OF EVENTS
Middle Tennessee Middle School Championships
January 28, 2012

Girl's Events	Event Description	Boy's Events
1	200 Yard Medley Relay#	#2
3	200 Yard Freestyle	4
5	200 Yard Individual Medley	6
7**	50 Yard Freestyle	8**
9*	Diving	10*
11	100 Yard Butterfly	12
13	100 Yard Freestyle	14
15	500 Yard Freestyle	** 16
17**	200 Yard Freestyle Relay #	18**
19	100 Yard Backstroke	20
21	100 Yard Breaststroke	22
23	400 Yard Freestyle Relay	** 24

*Diving to start immediately following the swim session.

**There will be a five minute break following the 500 Free and the 200 Free relay during the finals session.

**** Note: Events 15 & 16 (500 Freestyle) and Events 23 & 24 (400 Freestyle Relay) will be timed final. The fastest heat of girls and boys in each event will swim during the finals session.**

Note: The top 8 finishers in the 200 Medley Relay and 200 Freestyle Relay from prelims will swim in finals.

The Top 16 finishers from prelims in all other individual events (except the 500 Free) will return to compete in the finals session of the meet.

During the prelims session the 500 Free will be swum at the end of the morning session. We will take a 5 minute break after the 400 Free relays and then begin the 500 Free heats. The 500 Free will be swum in its normal position (after the 100 Free) during the finals session.

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Please complete and return to **ENTRY CHAIRPERSON** with your entry:

School Name: _____

School Address: _____

TEAM Initials: _____

Swim Coach: _____

Contact Person: _____

Contact Address: _____

Contact Phone: _____

Email: _____

Number of athletes entered: _____ x \$ 5 = \$ _____

Number of ind/swimming events: _____ x \$ 4 = \$ _____

Number of divers entered: _____ x \$10 = \$ _____

Number of relays entered: _____ x \$10 = \$ _____

TOTAL DUE: \$ _____

Please make checks payable to NAC

Please list parents on your team who are USA Officials who would like to work this meet:

Officials Name: _____ Phone Number: _____

Officials Name: _____ Phone Number: _____

Officials Name: _____ Phone Number: _____

Please complete and return to **ENTRY CHAIRPERSON** with your entry:

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I, hereby relinquish any and all claims that my organization and its members may have in case of injury or loss of valuables traveling to, traveling from, or while in attendance at the **2012 Middle Tennessee Middle School Swimming & Diving Championships**.

I also agree not to charge Nashville Aquatic Club, Ensworth School and/or Nashville Metro Parks or any representative of these organizations for any claims resulting from injury, or loss, or damage to valuables.

School Official Signature _____ Date _____

Coach's Signature _____ Date _____

Times should be in Short COURSE Yards – Duplicate as needed

		EVENT NAME	NO.	BEST TIME	EVENT NAME	NO.	BEST TIME
NAME OF SWIMMER:							
USS REGISTRATION NO.:							
DATE OF BIRTH:	SEX:						
NAME OF SWIMMER:							
USS REGISTRATION NO.:							
DATE OF BIRTH:	SEX:						
NAME OF SWIMMER:							
USS REGISTRATION NO.:							
DATE OF BIRTH:	SEX:						
NAME OF SWIMMER:							
USS REGISTRATION NO.:							
DATE OF BIRTH:	SEX:						