

**SPEEDO CHAMPIONS SERIES**  
**Eastern Section Southern Zone Senior Championships**  
**March 4-7, 2010**

*The meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming, the rules of which will apply.*

**SANCTION:** Southeastern Swimming, Inc. Sanction #10SEXCEL03-04  
Time Trial Sanction #10SEXCEL03-04TT

**HOST CLUB:** **EXCEL AQUATICS**

**LOCATION:** Centennial Sportsplex  
222 25th Ave. North  
Nashville, Tennessee 37203

**FACILITIES:** The 50-meter competition tank has eight nine-foot wide lanes with a 7 foot minimum and a 14 foot maximum depth, 6 inch competitor non turbulent lane lines, and a Colorado system 6 timing system with a full color LED matrix video display scoreboard. The natatorium also houses a separate 6 lane, 25-yard warm-up/warm-down pool, and has seating for 1,500 spectators.

**MEET**

**ADMINISTRATION:** Meet Referee: Stephanie Nadeau      jnadeau103@aol.com  
Meet Director: Lezlae Grubb                      lezlaeg@yahoo.com

**MEETING**

**SCHEDULE:** Thursday, March 4                      5:15 p.m.              General Meeting  
Thursday, March 4                      4:30 p.m.              Officials' Briefing  
All subsequent officials' briefings will be held 1 hour prior to the start of each session.

**COMPETITION**  
**SCHEDULE:**

Thursday: 5:30 p.m.  
Friday and Saturday: Preliminaries: 9:30 a.m.      Finals: 6:00 p.m.  
Sunday: Prelims: 9:30 a.m.                              Finals: 5:30 p.m.

**WARM-UP**  
**SCHEDULE:**

Wednesday, March 3:                      Will be posted on team website  
Thursday, March 4:                      7:00 a.m. -11:00 a.m. & 3:30 p.m. -5:50 p.m.  
Friday- Saturday, March 5,6:              7:00 a.m. - 9:20 a.m. & 3:30 p.m. -5:50 p.m.  
Sunday, March 7:                      7:00 a.m. - 9:20 a.m. & 3:00 p.m. -5:20 p.m.

**GENERAL MEETING:** All swimmers must be represented at the General Meeting to be held **Thursday March 4, 5:15 p.m.** in the hospitality room. Any change in the format of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of any changes made during this meeting.

**CREDENTIALS:** In accordance with Southeastern Swimming Rules, coaches and officials are required display proof of current USA Swimming membership to be permitted on the pool deck. All coaches must have completed the safety training as required by USA Swimming. **Note: Coaches please remember to bring credentials to show at entrances and exits throughout the building.** Only meet volunteers, USA Swimming registered athletes, coaches and officials may be on deck. **NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME**

**REGISTRATION:** Credential tags must be picked up at the coaches meeting. **Replacement credential tags will be \$15.00. Swimmers may enter the deck from spectator area.** Credential tags must be presented to enter the pool deck area. All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued credential tags. Coaches and officials will be required to show their current USA Swimming registration card at the credentials check in area. Coaches attending the meet without a team may purchase credential tags for \$20.00 payable to Excel Aquatics. Credential tags for media personnel must be arranged for at least one week in advance with the meet director.

## ENTRY PROCEDURES

- ELIGIBILITY:** Open to members of the Eastern Section of the Southern Zone, its clubs and swimmers registered with USA Swimming that are in good standing with the Eastern Section, and USA National Team Members. All USA Swimming registered clubs in the following LSC's are eligible to join the Eastern Section: Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Southeastern and West Virginia. Swimmers and clubs from outside these LSC boundaries are eligible to participate in the Spring Championship meet provided they meet Summer Junior National qualifying times in each event entered (proof of time by SWIMS) and become registered club members of the Eastern Section.
- TIME STANDARDS:** Swimmers must have met the 2009-2010 Eastern Section Southern Zone Spring short course or long course time standard during the qualifying period in each event entered. Eligible entries shall be seeded in the following order – Short Course Yards (SCY), Long Course Meets (LCM), Short Course Meters (SCM). All submitted times must have been achieved and match exactly the time that is on file with USA Swimming SWIMS database. **CONVERTED TIMES ARE NOT PERMITTED.**
- QUALIFYING PERIOD:** Summer 2008 Eastern Section Southern Zone Championships through the entry deadline.
- ENTRY LIMIT:** A swimmer may enter any number of events which they qualify for, but may only swim three (3) individual events per day (including time trials). Swimmers participating on relay teams only must be listed on the entry forms. **Each team is limited to a maximum of two relays in each relay event.**
- ENTRY FEES:** \$5.50 per individual event  
\$10.00 per relay event  
Surcharges:  
\$15.00 per swimmer – Eastern Section Southern Zone  
\$3.00 per swimmer – SES Surcharge
- ENTRY DEADLINE:** **Entries due on Tuesday, February 23, 2010 at 7:30 p.m.**
- PROOF OF TIME:** Swimmers who do not equal or better the applicable Eastern Section Southern Zone time standards in any event at the championship meet must be able to prove that they have previously achieved the qualifying time. Swimmers unable to provide proof-of-time will be assessed a \$25.00 fine for each event they cannot prove. The deadline to prove times and seek US National Reimbursement funds is May 1st, 2010. After May 1st, fines are doubled to \$50.00 per occurrence regardless of provability. The only acceptable proof-of-time will be times from the SWIMS database, or official meet results or from a USA Swimming sanctioned or approved competition. In the event a swimmer does not pay this fine, neither the swimmer nor the swimmer's team will be eligible to enter future Eastern Section Southern Zone Championships until such time as the fine is paid. Come prepared to pay outstanding fines before your team can participate in the meet. Fines will be deposited with no further need of proofs from those previous meets. All fines collected go to the Eastern Section Southern Zone Travel Fund.
- PROCEDURE:** Teams should use HY-TEK's Team Manager. Please provide a written copy of entries with best times and USA-Swimming registration number for verification purposes. **\*\*Teams are encouraged to submit their entries as soon as possible.** Entered teams will be able to update their entry until 6:00 p.m. Monday, March 1, 2010. Make checks payable to "Excel Aquatics". Entry printouts, summary/release sheets and entry fees including surcharges **MUST** be received by the Entries Chairman **on or before March 1, 2010**. Late Entries/Deck entries will be accepted for available lanes only until 5:00 p.m. on Thursday, March 4. No new heats will be formed. **All entry fees are non-refundable.**

Completed entries should be mailed to: Kate Chronic  
920 Heritage Way  
Brentwood, TN 37027  
Email: [chronicks@aol.com](mailto:chronicks@aol.com)  
847-830-7946

(Waive signature for all USPS, Fed-EX and UPS deliveries)

## MEET PROCEDURES

**RULES:** The current USA Swimming Rules will govern the conduct of the meet and will serve as the official guide for technical and procedural rules unless noted otherwise herein.

**EVENT FORMAT:** **Individual Events** - All individual events will be conducted as Prelims/Finals with the exception of the 1000 and 1650 Freestyles, which are Timed Finals. There will be a bonus, consolation, and championship final heat in each individual event (except the 1000 and 1650 freestyle events, which will have a championship final only). The order of the final events shall be C, B and A (bonus, consolation and championship).

**Relays** – All relays will be Timed Finals, with fastest 2 heats swum during the Finals session, with the exception of the 800 Freestyle Relay, which will swim in the Time Finals session on Thursday. All morning relay heats will begin 10 minutes following the conclusion of the last individual event of the day.

### Order of Distance Events:

**1000 Freestyle** - The 1000 freestyle will swim in the timed finals session on Thursday. The heats will be swum in the following order: the three fastest heats, swum slowest to fastest; all remaining heats swum fastest to slowest.

**1650 Freestyle** - The fastest heat of the 1650 freestyle will swim in the finals session on Sunday. The remaining heats will be swum 10 minutes following the conclusion of the Sunday preliminary session and will be swum fastest to slowest.

Swimmers entered in the **1000 and 1650 Freestyles** must provide a person to count laps and may be asked to provide a person to time.

**500 Freestyle** - The preliminary heats will be swum in the following order: the four fastest heats followed by all remaining heats swum fastest to slowest.

**400 IM** - The preliminary heats of the 400 IM will be swum in the following order: the four fastest heats followed by all remaining heats swum fastest to slowest.

### CHECK-IN DEADLINES:

All events 200 yards or shorter will be pre-seeded. It is not necessary to check in for these events, although scratches will be appreciated.

Swimmers **must** check-in and confirm their intent to compete with the Clerk of Course for all deck-seeded events (all relays and all individual events 400 yards or longer) in order to be seeded. The check-in deadline is 4:45 p.m. on Thursday for the 1000 freestyle, and the end of the Finals session the previous day for all other events with the exception of the 1650 freestyle. The check-in deadline for the 1650 is the beginning of Finals on Saturday, the day before the event is swum. Swimmers must declare an a.m. (Prelims) or p.m. (Finals) session. The seeding for the 1650 will be available during Saturday Finals.

The 400 Medley Relays may opt to swim during the a.m. (Prelims) or p.m. (Finals) session. Teams must declare the AM / PM option with the Clerk of Course when they check-in by the beginning of Finals on Saturday.

**ALL Sunday evening finals will be conducted on a positive check-in basis. Any swimmer making the Bonus, Consolation or Championship heat on Sunday, March 7th, will have 30 minutes to positive check-in after the preliminary results are announced or the swimmer will be scratched from the Finals. The top fifty swimmers are asked to check in or scratch.**

## SCRATCH

### PROCEDURES:

Any swimmer not planning to swim at night in the finals must declare their intent to scratch with the Admin Referee through the Clerk of Course within 30 minutes of the posting of the results of the event. The penalty for failure to show in a Final, Consolation or Bonus final is disqualification from the remainder of the meet (USA Swimming Rule 207.12.6D). The penalty for missing a deck-seeded individual event will result in being barred from the swimmer's next individual event. There is no penalty for not swimming in the non deck-seeded preliminary events or relay events.

### READY ROOM:

**Ready Room will be located in the hallway outside of the lockerrooms.** The top eight qualifiers for finals should report to the ready room to be marched to the blocks prior to their event.

### RESULTS:

Real time results will be available on the host club website: [www.excelaquatics.org](http://www.excelaquatics.org). Results files will be available on the website at the end of the meet.

### SCORING:

Scoring will be on a sixteen (16) place basis: Individual Events: 20-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1. Relay events receive double these point values. **NOTE: Swimmers must achieve the Southern Zone Eastern Sectional time standard to score team or individual points.** No points will be scored for the bonus heat.

### AWARDS:

Plaques will be awarded to the top 6 combined teams. Medals will be awarded to the top 8 individual finishers and top 3 relays. Immediately following the race, the top three places will be announced and awarded at a designated place.

### TIME TRIALS:

Time trials to meet national qualifying times may be held upon reasonable request at the discretion of the Meet Referee. Such swims must fall within the 3 events per day limit and will be held, if time allows, after the prelims and finals. Entry fees for the time trial swims will be \$10.00 per individual event and \$10.00 per relay. Swimmers/relays must sign up for time trials at the Clerk of Course table by 10:30 AM. Time Trials will be swum as follows:

**First Day:** that day's events, followed by the remaining events in the meet.

**Second, Third and Fourth Days:** that day's events, followed by the remaining events in the meet.

**NOTE:** The 50 Freestyle is the first event on the day it is contested (Saturday), and the last event on all other days.

### ELIGIBILITY AND TECHNICAL JURY:

A meet committee will be formed consisting of two coaches and two swimmers plus the Meet Referee, the Meet Director and Eastern Section Southern Zone Chairman or their designees.

### MEET OFFICIALS:

Excel Aquatics welcomes and encourages the assistance of certified officials from visiting teams. Officials who have not applied to officiate should contact the meet referee.

### NATL OFFICIALS CERTIFICATION:

This meet has been designated a qualifying meet for national official certification (OQM). Officials requesting N2/N3 evaluation at this meet should complete the USAS application for evaluation and forward it to the meet referee, Stephanie Nadeau, [jnadeau103@aol.com](mailto:jnadeau103@aol.com), as soon as possible so we can arrange for evaluators. Evaluation applications will be accepted on site, on a case-by-case basis, depending on our capacity to provide appropriate evaluations. Briefing sessions will be held one hour prior to the beginning of prelims and finals each day.

### LIABILITY RELEASE:

USA Swimming, Inc., Southeastern Swimming, Inc., Excel Aquatics, and Metro Nashville Parks and Recreation, shall be free from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the meet.

### SAFETY:

The Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay is permitted. Glass containers or bottles are not permitted in the Centennial Sportsplex.

### HOSPITALITY:

There will be a hospitality room for all coaches, officials and volunteers.

**CONCESSIONS:** Refreshments will be made available by the Centennial Sportsplex concession stand. The Centennial Sportsplex asks that no outside food or drink be brought into the building. No food or drink, with the exception of water bottles, may be brought into the pool area. No coolers may be brought into the building.

**INFORMATION:** For more information, please contact Lezlae Grubb by telephone at 615-418-9556 or by email at [lezlaeg@yahoo.com](mailto:lezlaeg@yahoo.com) or Kate Chronic at 847-830-7946 or email [chronicks@aol.com](mailto:chronicks@aol.com).

**MEET EVALUATION:** You are encouraged to send a meet evaluation to the Southeastern Swimming General Chairman:

John Woods  
205 Island Avenue  
Chattanooga, TN 37405  
[flipper@gps.edu](mailto:flipper@gps.edu)

**Check-in deadlines are as follows:**

<b>Day of Event</b>	<b>Event</b>	<b>Deadline</b>
<b>Thursday</b>	<b>1000 Freestyle</b>	<b>Thursday 4:45 p.m.</b>
<b>Friday</b>	<b>400 IM</b>	<b>End of Thursday Finals</b>
	<b>400 Freestyle Relay</b>	<b>End of Thursday Finals</b>
<b>Saturday</b>	<b>500 Freestyle</b>	<b>End of Friday Finals</b>
	<b>800 Freestyle Relay</b>	<b>Thursday 4:45 p.m.</b>
<b>Sunday</b>	<b>1650 Freestyle*</b>	<b>Beginning of Saturday Finals</b>
	<b>400 Medley Relay*</b>	<b>Beginning of Saturday Finals</b>

\*Swimmers in the 1650 Freestyle and 400 Medley Relay must specify a.m. or p.m. swim

**Eastern Section Southern Zone Senior Championships  
Order of Events**

WOMEN	YARDS (METERS)	EVENT	YARDS (METERS)	MEN
-------	----------------	-------	----------------	-----

**Thursday, March 4, 2010**

**Timed Finals: 5:30 p.m.**

1	10:49.19 (9:39.19)	1000 FREE	10:14.09 (9:04.79)	2
3	8:17.79 (9:23.19)	800 FREE RELAY	7:35.49 (8:36.79)	4

**Friday, March 5, 2010**

**Prelims: 9:30 a.m.**

**Finals: 6:00 p.m.**

5	1:57.89 (2:13.89)	200 FREE	1:48.29 (2:03.29)	6
7	1:09.99 (1:19.59)	100 BREAST	1:02.49 (1:11.49)	8
9	1:00.99 (1:08.79)	100 FLY	54.39 (1:01.29)	10
11	4:43.69 (5:21.59)	400 IM	4:19.09 (4:57.69)	12
13	3:50.29 (4:19.79)	400 FREE RELAY	3:26.29 (3:55.29)	14

**Saturday, March 6, 2010**

**Prelims: 9:30 a.m.**

**Finals: 6:00 p.m.**

15	2:13.69 (2:28.99)	200 FLY	2:01.29 (2:16.39)	16
17	25.39 (28.69)	50 FREE	22.39 (26.09)	18
19	2:31.29 (2:51.59)	200 BREAST	2:16.09 (2:36.59)	20
21	1:01.79 (1:10.99)	100 BACK	55.29 (1:03.99)	22
23	5:12.69 (4:40.49)	500 FREE	4:52.89 (4:22.49)	24

**Sunday, March 7, 2010**

**Prelims: 9:30 a.m.**

**Finals: 5:30 p.m.**

25	54.69 (1:02.09)	100 FREE	49.19 (57.19)	26
27	18:07.49 (18:28.69)	1650 FREE		
29	2:13.09 (2:31.89)	200 BACK	2:00.29 (2:18.69)	28
		1650 FREE	17:03.89 (17:23.89)	30
31	2:13.39 (2:32.79)	200 IM	2:00.99 (2:19.79)	32
33	4:15.79 (4:50.29)	400 MEDLEY RELAY	3:51.29 (4:23.89)	34

**Note: All morning relays will begin 10 minutes following the conclusion of the last individual event of the day.**

**Eastern Section Southern Zone Senior Championships  
ENTRY SUMMARY SHEET**

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

Official Abbreviation: \_\_\_\_\_

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

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

\_\_\_\_\_

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

	# of Swimmers Entered	# of Individual Events	#of Relay Events
<b>Women</b>	_____		

<b>Men</b>	_____		
------------	-------	--	--

**Total Individual Entries:** \_\_\_\_\_ x \$5.50 = \$ \_\_\_\_\_

**Total Relay Entries:** \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_

**Total Swimmers:** \_\_\_\_\_ x \$15.00 surcharge = \$ \_\_\_\_\_

**Total Swimmers:** \_\_\_\_\_ x \$3.00 SES surcharge = \$ \_\_\_\_\_

**TOTAL FEES DUE: \$ \_\_\_\_\_**

**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, 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.

<b>SIGNATURE OF COACH OR CLUB OFFICIAL:</b>	
<b>CLUB:</b>	
<b>TITLE:</b>	<b>DATE:</b>