



EXCEL AQUATICS
2011 Mardi Gras Open Swim Meet
January 29-30, 2011



Sanctioned by USA Swimming and Southeastern Swimming, Inc.
Sanction #: 11SEXCEL01-29

- HOST** Excel Aquatics
920 Heritage Way
Brentwood, TN 37027
- LOCATION** Williamson County Indoor Sports Complex
920 Heritage Way
Brentwood, TN 37027
- FACILITY** POOL - Two Indoor 8-lane, 25-yard competition pool (the meet may run in one pool). Non-turbulent lane lines. 7 foot minimum, 10-foot maximum pool depth. Paddock racing blocks for all events of 50 yards or longer. 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. Manual backup.
- MEET DIRECTOR(S)** 12 & Under TBD
13 & Over TBD
- MEET REFEREE** Jeff Osteen
Jeff.osteen@comcast.net
615-426-7009
- Visiting officials are welcome and encouraged to participate. All officials must wear current USA Swimming membership credentials while on deck and must present current Officials certification card to the Meet Referee at check-in. Please contact Tara Todd at tara.todd@vanderbilt.edu with level of certification and sessions desired. Southeastern Swimming, Inc. Officials dress code is white polo shirt, khaki pants/shorts/skirt, and white shoes and is to be worn for all sessions. Officials briefings take place 45 minutes prior to the start of each session in the hospitality room.
- ENTRY CHAIRPERSON** Kate Chronic
c/o Excel Aquatics
920 Heritage Way
Brentwood, TN 37027
847-830-7946
chronicks@aol.com
- FORMAT** Timed finals with positive check-in for all events 400 yards 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. All events 400 or longer will alternate women/men, slowest to fastest.



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Sessions	Warm-up Start	Deck Entry & Check-In Closes	Meet Start
Saturday & Sunday AM (10 & Under, 11-12)	7:00am	7:30am	8:00am
Saturday & Sunday PM (8 & Under, 13 & Over)	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 January 29, 2011 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 five (5) individual events per day. Entry times should be in Short Course Yards (SCY). 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 listed 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

\$4.50 per individual event (\$6.00 per late/deck entry)
\$10.00 per relay event (\$12.00 per late/deck entry)
\$5.00 facility surcharge per athlete
\$3.00 athlete surcharge (if team is a member of Southeastern Swimming)
\$5.00 athlete surcharge (if team is outside Southeastern Swimming LSC)
Make checks payable to Excel Aquatics.

NOTE: Late/deck entries will be accepted until one half hour before the start of each session on 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, December 17, 2010, at 8:00am CST and will not be accepted after 11:59pm CST Friday, January 14, 2011.



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SEEDING

All events will be seeded slowest to fastest. Be sure all entry times are in Short Course Yard (SCY) to ensure that swimmers are properly seeded. 13-14 and Senior events will be swum together and scored separately.

**RULES &
SAFETY**

All current USA Swimming and SES Rules & Regulations apply.
All USA Swimming and SES safety rules will be strictly enforced.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**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.

SCORING

No team scoring for individual or relay events.

AWARDS

Ribbons will be awarded for 1st-8th place in individual events for the following age groups: 8 & Under, 10 & Under, 11-12, and 13-14.

CLERK of COURSE

The host club reserves the right to assign 8 & Under and 10 & Under events to the Clerk of the Course.

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 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.



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MEET EVALUATIONS Please send any comments, suggestions, or evaluations concerning
The meet to:

John Woods, General Chairman, SES
flipper@gps.edu
205 Island Ave.
Chattanooga, TN 37405



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Order of Events

Saturday AM Session

Warm up: 7:00 AM Meet: 8:00 AM

WOMEN	EVENT	MEN
1	10 & Under 200 Free Relay	2
3	11-12 200 IM	4
5	10 & Under 100 IM	6
7	11-12 50 Breast	8
9	10 & Under 50 Breast	10
11	11-12 100 Free	12
13	10 & Under 100 Free	14
15	11-12 100 Butterfly	16
17	10 & Under 100 Butterfly	18
19	11-12 200 Back	20
21	10 & Under 50 Back	22
23	11-12 50 Butterfly	24
	10 MINUTE BREAK	
25	10 & Under 500 Free	26
27	11-12 500 Free	28

Saturday PM Session

Warm up: not before 12:00 PM Meet: not before 1:00 PM

WOMEN	EVENT	MEN
29	8 & Under 100 Free Relay	30
31	Senior 200 IM	32
33	8 & Under 100 IM	34
35	Senior 50 Butterfly	36
37	8 & Under 50 Butterfly	38
39	Senior 100 Free	40
41	8 & Under 50 Free	42
43	Senior 200 Breast	44
45	8 & Under 25 Breast	46
47	Senior 100 Butterfly	48
49	8 & Under 25 Back	50
51	Senior 200 Back	52
	10 MINUTE BREAK	
53	Senior 500 Free	54



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Order of Events

Sunday AM Session

Warm up: 7:00 AM Meet: 8:00 AM

WOMEN	EVENT	MEN
55	10 & Under 200 Medley Relay	56
57	11-12 200 Free	58
59	10 & Under 50 Free	60
61	11-12 50 Breast	62
63	10 & Under 100 Breast	64
65	11-12 100 Back	66
67	10 & Under 100 Back	68
69	11-12 200 Butterfly	70
71	10 & Under 50 Butterfly	72
73	11-12 50 Free	74
75	10 & Under 200 IM	76
77	11-12 100 Breast	78
79	11-12 50 Back	80
	10 MINUTE BREAK	
81	11-12 400 IM	82

Sunday PM Session

Warm-up: not before 12:00 Meet: not before 1:00

WOMEN	EVENT	MEN
83	8 & Under 100 Medley Relay	84
85	Senior 200 Free	86
87	8 & Under 25 Free	88
89	Senior 50 Breast	90
91	8 & Under 50 Breast	92
93	Senior 100 Back	94
95	8 & Under 50 Back	96
97	Senior 200 Butterfly	98
99	8 & Under 25 Butterfly	100
101	Senior 50 Free	102
103	8 & Under 100 Free	104
105	Senior 100 Breast	106
107	Senior 50 Back	108
	10 MINUTE BREAK	
109	Senior 400 IM	110



SOUTHEASTERN SWIMMING, INC.
INFORMATION FORM FOR SWIMMERS WITH A DISABILITY
This non mandatory form is for accommodation purposes.

Name_____

Address_____ Team_____

USA Registration # _____

Age and DOB: _____ 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:

Meet Referee Email: jeff.osteen@comcast.net

Disability Chair Email: walleybob@hotmail.com

Walter Smalley 901-486-1782



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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, 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.

SIGNATURE OF COACH OR CLUB OFFICIAL:	
CLUB:	
TITLE:	DATE:

TEAM INFORMATION

CLUB NAME:		INITIALS:	
ADDRESS:			
LSC:		HEAD COACH:	
CONTACT PERSON:		PHONE NUMBER:	
FAX NUMBER:		CELL PHONE:	
EMAIL:			
COACHES ATTENDING:	1.		
	2.		
	3.		
	4.		
CERTIFIED OFFICIALS WHO MAY WISH TO WORK:	1.		
	2.		
	3.		
	4.		
NUMBER OF SWIMMERS ENTERED:		ATTACHED:	
		UNATTACHED:	
		TOTAL:	

SUMMARY OF FEES

NUMBER OF SWIMMERS:		X \$3.00 SES SURCHARGE =	
NUMBER OF SWIMMERS:		X \$5.00 FACILITY SURCHARGE =	
NUMBER OF IND. EVENTS:		X \$4.50 PER EVENT ENTRY FEE =	
NUMBER OF RELAYS:		X \$10.00 PER RELAY FEE =	
OUT OF LSC SURCHARGE:		X \$5.00 PER NON-SES CLUB =	
TOTAL DUE:			



Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures

1. Coaches Responsibilities

- A. Coaches shall instruct swimmers regarding swimming safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
- B. Coaches shall actively supervise their swimmers throughout the warm-up session at swim meets and at all practices.
- C. Coaches should stand near the starting end the pool when starting swimmers on swim or pace work.

2. Host Team Responsibilities

- A. Marshaling
 - 1. A minimum of two (2) marshals who report to, and receive instructions from, the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session.
 - 2. Whenever a sprint lane is opened an additional marshal must be assigned to the lane's starting block.
 - 3. Marshals shall be members of USA Swimming.
 - 4. Marshals shall have the authority to remove from the deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety guidelines or warm-up procedures.
- B. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the meet information: "Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet."
- C. Hazards in locker rooms, on the deck, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
- D. All starting platforms shall be anchored to the deck or bulkhead to remain stable at all times in accordance with USA Swimming Rules.
- E. All music played during warm-up times shall be kept at a low (background) level that shall allow coaches and marshals to communicate with the athletes. The volume of the music may be turned up after the pool is cleared, and before the start of the meet to raise the excitement level for the competition.

3. Safety Guidelines

- A. Swimmers shall enter the water feet first from the ends of the pool at all times during the warm-up session. Entering from the sides of the pool is forbidden.
- B. Swimmers shall not wear swim fins, hand paddles or any other equipment that could injure other swimmers or damage equipment (touch pads). The use of soft swim mitts is permissible.
- C. Swimmers shall swim in a circular pattern during general warm-up.
- D. Practice starts from the blocks are only permitted in designated sprint lanes under the direct supervision of the coach.
- E. Backstroke swimmers shall insure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroke swimmer waiting to start.
- F. Warm-up Procedures when teams are assigned to specific lanes
 - 1. Participating teams shall be assigned to specific lanes for the warm-up period based on the number of participants.
 - 2. The coaches of the teams assigned to each lane shall determine the warm-up for that lane. Procedures must adhere to USA Swimming safety rules.
 - 3. Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner.
 - 4. Warm-ups may be segregated by gender, by age group or any mixture of the two in order to keep the number of swimmers warming up as equal as possible.
 - 5. The host club may choose to divide the teams into different warm-up sessions in order to have an entire team's athletes warm-up together. In this case, teams should be assigned to "early" and "late" warm-up sessions on different days so that no team has an advantage over another.