



SOUTHEASTERN SWIMMING CHAMPIONSHIPS
LONG COURSE METERS
JULY 14-17, 2022
HUNTSVILLE AQUATIC CENTER
(HUNTSVILLE, AL)

In applying for the sanctioned meet on July 14-17, 2022, the Huntsville Swim Association, agrees to comply and to enforce health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, the State of Alabama and Madison County.

SES SANCTION NO: 22SEHSA7-14

TIME TRIAL NO: 22SEHSA7-14

HOST CLUB: Huntsville Swim Association

DATES OF MEET: July 14-17, 2022

ENTRY DEADLINE: OME will close Tuesday July 5, 2022 at 11:59pm CST

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming, and is a closed Championship competition for only those swimmers registered with Southeastern LSC Swimming. USA Swimming technical rules and regulations will be followed with the exception of items specifically addressed in the meet information Sanctioned by Southeastern Swimming, Inc. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. All coaches are required to sign in upon entry into the building and to show their coaching credentials. All Officials will wear their credentials on deck. In applying for this sanctioned event, HSA agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, the State of Alabama and all local governmental agencies.

MEET REFEREE: Donna Williamson dwilliamsonses@gmail.com

ADMIN REFEREE: David Hudson rdhjr437@me.com

ADMIN OFFICIAL: Mark Freeman markbfreeman@gmail.com

TEAM LEAD CHIEF JUDGE: Tiffany Myrick tiffany.m.myrick@gmail.com

(Contact Tiffany Myrick if you wish to officiate and have trouble accessing the links from the SES page)

STARTER: Gene Shreve gene.shreve@oarcorp.com

ENTRY QUESTIONS: Matt Webber entries@swimhsa.org

OME QUESTIONS: Brian Haddad southeasternswimming@hotmail.com

FACILITIES:

Huntsville Aquatics Center (2213 Drake Avenue SW Huntsville, AL 35805). Two Indoor 8 lane 50 meter pools. The 13 & over preliminary and 11 & over Finals pool has a consistent pool depth of 7 feet. The 12 & under prelims pool has a pool depth ranging from 4 feet to 12 feet. Automatic timing will be provided by Colorado Timing System with HYTEK interface. Manual back up will be used. Scoreboards will be available. The competition course has not been certified in accordance with 104.2.2C(4).

COVID-19 STATEMENT

We have taken enhanced health and safety measures for our athletes, coaches, officials, and volunteers. All involved must follow all safety measures included in our Meet Safety Protocols while participating in the Southeastern Swimming Long Course Championship Meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in the meet, you voluntarily assume all risks related to exposure to COVID-19. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the

disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

ELIGIBILITY:

Age groups are: 10&U, 11-12, 13-14, and Open. Age on the first day of the meet determines the age group for the entire meet. All swimmers shall be registered with Southeastern Swimming through United States Swimming, Inc. prior to the first day of the meet. There will be NO on-deck USA Swimming Registration available at the meet. A Southeastern-affiliated swimmer may compete as a member of a relay team whether or not they qualify for any individual events.

QUALIFYING TIMES:

The 2021-2022 Southeastern Age Group Short Course Yards and Long Course Meters Time Standards (not Bonus standards – see below for Bonus rules) will be used as qualifying times for all individual events. There will be no time standards for relays. ***Qualifying times must have been achieved between the period of September 1, 2020 and the entry deadline.*** Faster times achieved following the deadline will not be accepted in place of times already entered.

BONUS SWIMS:

Bonus entries are permitted if a swimmer has achieved at least one allowable 2021-2022 Southeastern Swimming Qualifying Time. A swimmer with one qualifying time may swim up to two (2) bonus swims in which the swimmer has achieved the 2021-2022 Bonus Standard; two qualifying times, two (2) bonus swims; three qualifying times, two (2) bonus swims, etc.. Please note the following exceptions to rules regarding Bonus Swims:

- 1) No Bonus Swims will be allowed in events 400 meters and longer
- 2) Total of individual entered events (qualifying times and bonus combined) may not exceed six events per swimmer.

TIME TRIALS:

Time Trials may be held at the conclusion of any preliminary or final session at a coach's or swimmer's request, and the Meet Referee's concurrence. Time Trials will not be allowed if a swimmer has already swum three individual events on that day. Fees: \$10.00 per individual event; \$10.00 per relay.

WARMUP AND COMPETITION TIMES:

Thursday Timed Finals – 3:45-4:50PM / Competition 5:00PM

13&Over Prelims (Friday, Saturday, Sunday) – Warmup 7:15-8:50AM / Competition 9:00AM

11-12 Prelims and 10&U Timed Finals (Friday, Saturday, Sunday) – Warmup 7:15-8:50AM / Competition 9:00AM

11&Over Finals (Friday, Saturday, Sunday) - Warmup 3:45-4:50PM / Competition 5:00PM

Sunday Distance Session – Competition will be planned to run until the beginning of Sunday Finals Warmup (3:45pm). Start time TBA depending on the number of heats.

ENTRY INFORMATION & MEET FORMAT

TEAM ENTRY:

All entries must be completed through the USA Swimming OME system. This shall be the only accepted way to enter this meet. OME will be open for entries beginning Monday June 6, 2022, and close at 11:59pm CST on Tuesday July 5, 2022. ***NOTE: Please wait until your athletes have exhausted all of their chances to qualify or improve seed times to finalize your entry and check out.*** The OME system does not allow for swimmers to change or delete a bonus swim once you check out of OME.

ENTRY LIMITS:

A swimmer may enter and swim **three (3)** individual events per day and no more than **six (6)** individual events in the meet. Once the Psych sheet is posted, a swimmer entered in the maximum number of events may not scratch one event to enter another event, except in cases involving a mistaken entry that may be corrected by the Meet Referee. Time Trial events count as one of the three events allowed on a given day, but do not count as one of the six individual events in the meet. Relay times should be listed for each entered relay (please use aggregate method of relay entry within OME). All participants, including relay only swimmers, must be entered in the meet by Friday July 15 at 9AM.

LATE ENTRIES:

Late entries are for first time qualifiers who achieved the qualifying times after the entry deadline or are updating bonus times to qualifying times. ***This is not a procedure to update times for seeding purposes only.*** You may submit an updated time for a swim that upgrades a swim from a bonus cut to a regular standard cut; this may allow for an additional bonus entry. Late entries will be accepted until 6:00pm CST Monday July 11, 2022 for individuals qualifying between July 6 and July 10 (only new cuts made during this time period or upgrading from Bonus to Qualifying Time). Late Entries must be sent using the Late Entry Form which will be e-mailed to each coach and posted to the SES website.

ENTRY FEES:

Individual Events: \$7.00 per event

Relay Events: \$14.00 per relay

SES Surcharge: \$4.00 per athlete

Facility Surcharge: \$18.00 per athlete (includes downloadable heat sheet)

All entry fees will be paid at the clerk of course (Checks payable to Huntsville Swim Association).

MEET FORMAT:

- All 10&U events will be Timed Finals swum slowest to fastest with the exception of the 400 Free. All 11&Over individual events will be Prelims/Finals, except for all 800 and 1500 meter Freestyles as well as the 11&12 400 Free (which will be swum in its entirety in the Saturday AM session).
- Thursday 13&O Girls 1500 Free and the 13&O Boys 800 Free will be swum combined as 13&Over but scored separately as 13-14 and Open. The events will be swum fast to slow alternating Girls/Boys
- Thursday 11-12 Girls and Boys 800 Free will be swum fast to slow alternating Girls/Boys.
- Saturday 11-12 Girls and Boys 400 Free will be swum as timed finals during the preliminary session and swum fast to slow alternating Girls/Boys.
- Saturday 10&U Girls and Boys 400 Free will be swum as timed finals during the preliminary session and swum fast to slow alternating Girls/Boys
- Sunday 13&O Girls 800 Free and the 13&O Boys 1500 Free will be swum combined as 13&Over but scored separately as 13-14 and Open. These events will be swum slow to fast alternating Girls/Boys and planned to end with the fastest heat of Boys 1500 Free leading right into the start of Sunday Finals warmup (approx 3:45pm).

All 13 & over prelim events will be swum in an eight lane course. All 12 & under prelim events will be swum in a seven lane course. 11-12 and 13-14 events will each have one final heat at night (the top 8 finishers from prelims). Open events will swim final and consolation final heats (top 16 prelims finishers). All events 400 meters and longer will be deck-seeded with positive check-in by 9:00 AM. Meet management reserves the right to run chase starts during preliminaries if needed to improve timeline.

The 13-14 and Open Age Group 400 meter IM and 400 meter Freestyle events will be swum fast to slow in prelims alternating Girls/Boys. Per USA Swimming, only the fastest two heats will be circle seeded of the 400 meter IM and 400 meter Freestyle. The 13-14 event will be completed before starting the Open event.

13-14 and Open Relays will be deck seeded Timed Finals. 11-12 and 10&Under Relays are pre-seeded Timed Finals. Teams are limited to two relay entries in each relay event. All swimmers entered into the meet are considered eligible for relays. Relay cards will be distributed in coaches' packets. All 13& Over Relays will swim during the finals sessions on Friday and Saturday. 13-14 relays will be swum fastest to slowest alternating Girls/Boys. Open relays will then follow and will also be swum fastest to slowest alternating Girls/Boys. 13&Over relays will have a positive check-in at the Clerk of Course that must be completed by 5:00PM on the day of the event in order for the relay team to swim. 13&Over relays will swim at the end of the Finals sessions on Friday and Saturday. All 12&U Relays will swim at the beginning of their sessions on Friday and Saturday mornings and will be pre-seeded. To help with meet management and name accuracy it is asked that each team turn in relay cards to the Clerk of Course well in advance of the relays competing (Changes may be made up until the start of the heat when the team relay is scheduled to compete). To be clear, a team may substitute for a swimmer originally listed on the relay card so long as they are eligible to compete and the order of the swimmers may be changed up to the start of the team's heat by notifying the administrative referee or the lane timer at the blocks. Relay Entry Note: The OME system defaults your relay entry time to your team's all time fastest relay time and does not allow for a simple made up entry time. ***Coaches should use the aggregate relay builder to enter more accurate relay entry times (make sure events selected are LCM)***

RULES AND PROCEDURES

RULES:

In the interest of safety, coaches, officials and swimmers are asked to observe all posted pool rules and to conduct themselves in a safe manner. Only coaches, swimmers, officials, and volunteers will be allowed on deck. 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. Any swimmer entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. No team, parent, or press photographers will be permitted on deck unless they have been issued a credential by the Meet Director. Under NO circumstances will video or still photography be allowed in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Acceptable areas include the side courses of the pools, team gathering areas, concession areas, and the turn-end of the competition pool when not in use as a "start end." Southeastern Swimming Safety Guidelines and Warm-up Procedures will be in effect. 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. Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present.

DECK SEEDED EVENTS AND SCRATCH PROCEDURES:

Swimmers must do Positive Check-In with the Clerk of Course for all deck-seeded individual events and for 13&Over relays. Positive Check-In deadlines are as follows:

DAY	EVENT	DEADLINE
Thursday	13&O 1500/800 Free	4:30pm
	11-12 800 Free	5:00pm
Friday	13&O 400 IM	9:00am
	13-14, Open Free Relay	5:00pm
Saturday	13&O 400 Free	9:00am
	12&U 400 Free	9:00am
	13-14, Open Medley Relay	5:00pm
	13&O 800/1500 Free (Sun events)	End of Saturday finals

Swimmers or relays who do not check-in with the Clerk of Course by the deadline will be scratched from the event. Only the swimmer or his/her coach may check-in or scratch a swimmer. If swimming an event, the swimmer or his/her coach shall circle the name of the swimmer and place their initials next to the swimmer's name. If scratching the event, the swimmer or coach shall draw a line through the swimmer's name and place their initials next to the swimmer's name.

SCRATCH RULES FOR PRELIM/FINALS EVENTS:

Swimmers qualifying for finals or consolation finals must notify the Clerk of Course within 30 minutes of the announcement of the qualifiers for that final that they may not intend to compete. They must further declare their final intention to scratch within 30 minutes of the posting of the last preliminary event of the session or they will be seeded into the event. **Scratches must be given to the Clerk of Course.** Any swimmer failing to properly scratch and failing to compete in a deck seeded event or in a consolation finals or finals event shall be barred from their next eligible event unless relieved for good cause by the Referee. The penalty for failing to properly scratch and failing to compete in a Sunday evening consolation final or final event is a \$25 fine.

SCORING:

Individual Events 1-8 (all age groups):	20-17-16-15-14-13-12-11
Consolation Finals 9-16 (open age group only):	9-7-6-5-4-3-2-1
Relay Events 1-8 (all age groups):	40-34-32-30-28-26-24-22
Relay Events 9-16 (open age group only):	18-14-12-10-8-6-4-2

AWARDS:

Awards will be provided by Southeastern Swimming.

- Medals will be given for 1st-8th place for individual events and 1st-4th for relays. Medals will not be mailed out for any reason. Coaches should pick up awards at the end of the meet.
- Banner will be awarded for the top scoring team in combined category (all relays scored in this category).
- "Best All Around" award will be awarded to top scoring individual for each age group for both girls and boys.
- "Outstanding Performance Award" shall be given to one female athlete and one male athlete based on the single highest scoring swim using Hy-Tek's Single Age Power Point System.
- Plaque will be awarded to age group team champions of each gender based on total individual points and the single highest-ranking relay.

MEETINGS:

- Coaches online zoom meeting will be planned for Wednesday July 14, 2022.
- If necessary, additional Coaches' meeting will be at 8:45AM, Friday July 15, 2022.
- Officials will meet 45 minutes before each session for deck assignments.
- Timers will meet on the deck 30 minutes before each session.

OFFICIALS:

This meet has been designated an Officials Qualifying Meet (OQM) for National Certification. Those requesting N2/N3 evaluations need to complete the USAS application and forward to the Meet Referee. No official will be permitted to work during a session unless they have filled out an "Application to Officiate" form (found on the SES web site under 'Members' / 'Officials', and been accepted by the Meet Referee). The Southeastern Swimming Officials Committee will assign officials, with the concurrence of the Tech Planning Chair and the Host Meet Director.

Chief Judge (CJ) and Administrative Referee (AR)/Administrative Official (AO) Clinics will be provided in the Officials Room, before the preliminary sessions as follows:

- CJ Clinic: Saturday at 7:15 AM.
- AR/AO Clinic: Sunday at 7:15 AM.

MEET EVALUATION:

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

John Boxmeyer (jboxmeyer@hotmail.com)

SOUTHEASTERN SWIMMING LC CHAMPIONSHIPS

THURSDAY JULY 14, 2022

TIMED FINALS SESSION

WARM-UP: 3:45-4:50PM

COMPETITION: 5:00PM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
1	No Bonus	19:53.19	13-14 1500 FREE*			
			13-14 800 FREE*	9:59.59	No Bonus	2
3	No Bonus	18:53.29	OPEN 1500 FREE*			
			OPEN 800 FREE*	9:07.99	No Bonus	4
5	No Bonus	5:17.19 (400 QT)	11-12 800 FREE**	5:27.49 (400 QT)		6

*Events will be swum as combined 13&Over but scored and awarded separately as 13-14 and Open. Events will be swum fast to slow alternating Girls/Boys. Positive check in by 4:30pm

**Event will be swum fast to slow alternating Girls/Boys. Positive check in by 5:00pm

SOUTHEASTERN SWIMMING LC CHAMPIONSHIPS

FRIDAY JULY 15, 2022

13 & OVER PRELIMINARY SESSION

WARM-UP: 7:15-8:50AM

COMPETITION: 9:00AM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
7	100 Bonus	100 QT	13-14 50 FLY	100 QT	100 Bonus	8
9	100 Bonus	100 QT	OPEN 50 FLY	100 QT	100 Bonus	10
11	2:22.09	2:19.29	13-14 200 FREE	2:14.89	2:17.59	12
13	2:18.69	2:15.89	OPEN 200 FREE	2:03.39	2:05.89	14
15	1:26.79	1:25.09	13-14 100 BREAST	1:22.19	1:23.89	16
17	1:24.59	1:22.89	OPEN 100 BREAST	1:14.69	1:16.19	18
19	1:15.39	1:13.89	13-14 100 BACK	1:11.29	1:12.79	20
21	1:13.19	1:11.69	OPEN 100 BACK	1:05.39	1:06.69	22
23	No Bonus	5:38.59	13-14 400 IM*	5:28.09	No Bonus	24
25	No Bonus	5:27.39	OPEN 400 IM*	5:00.79	No Bonus	26

*Deck-seeded Preliminaries; positive check-in by 9:00AM; Fast to Slow Alternating Girls/Boys

11-12 PRELIMINARIES & 10&UNDER TIMED FINALS SESSION

WARM-UP: 7:15-8:50am

COMPETITION: 9:00am

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
31	N/A	N/A	10&U 200 FREE RELAY	N/A	N/A	32
33	N/A	N/A	11-12 200 FREE RELAY	N/A	N/A	34
35	3:02.29	2:58.69	10&U 200 FREE	3:01.69	3:05.39	36
37	2:35.59	2:32.49	11-12 200 FREE	2:37.39	2:40.59	38
39	1:54.39	1:52.09	10&U 100 BREAST	1:57.99	2:00.39	40
41	1:38.89	1:36.89	11-12 100 BREAST	1:40.89	1:42.99	42
43	45.69	44.79	10&U 50 BACK	46.59	47.59	44
45	38.89	38.09	11-12 50 BACK	39.29	40.09	46

11&OVER FINALS SESSION

WARM-UP: 3:45-4:50PM

COMPETITION: 5:00PM

Events from Prelims Starting with 13-14 50 Fly, Open 50 Fly, 11-12 200 Free.....relays at end of session

27	N/A	N/A	13-14 400 FREE RELAY*	N/A	N/A	28
29	N/A	N/A	OPEN 400 FREE RELAY*	N/A	N/A	30

*Relay positive check in due by 5:00 PM. Events will be swum fastest to slowest alternating Girls/Boys. Cards due to clerk of course by start of relay.

SOUTHEASTERN SWIMMING LC CHAMPIONSHIPS

SATURDAY JULY 16, 2022

13 & OVER PRELIMINARY SESSION

WARM-UP: 7:15-8:50AM

COMPETITION: 9:00AM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
47	100 Bonus	100 QT	13-14 50 BACK	100 QT	100 Bonus	48
49	100 Bonus	100 QT	OPEN 50 BACK	100 QT	100 Bonus	50
51	2:53.59	2:50.19	13-14 200 FLY	2:44.99	2:48.29	52
53	2:44.09	2:40.79	OPEN 200 FLY	2:22.39	2:25.29	54
55	30.29	29.69	13-14 50 FREE	28.19	28.79	56
57	29.49	28.89	OPEN 50 FREE	25.99	26.59	58
59	3:09.39	3:05.59	13-14 200 BREAST	2:58.59	3:02.19	60
61	3:02.79	2:59.19	OPEN 200 BREAST	2:43.59	2:46.89	62
63	No Bonus	4:52.99	13-14 400 FREE*	4:46.99	No Bonus	64
65	No Bonus	4:44.19	OPEN 400 FREE*	4:21.79	No Bonus	66

*Deck-seeded Preliminaries; positive check-in by 9:00AM; Fast to Slow Alternating Girls/Boys

11-12 PRELIMINARIES & 10&UNDER TIMED FINALS SESSION

WARM-UP: 7:15-8:50AM

COMPETITION: 9:00AM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
71	N/A	N/A	10&U 200 MEDLEY RELAY	N/A	N/A	72
73	N/A	N/A	11-12 200 MEDLEY RELAY	N/A	N/A	74
75	1:48.69	1:46.49	10&U 100 FLY	1:50.79	1:53.09	76
77	1:25.09	1:23.39	11-12 100 FLY	1:28.09	1:29.89	78
79	38.29	37.49	10&U 50 FREE	37.89	38.69	80
81	32.59	31.89	11-12 50 FREE	32.89	33.59	82
83	52.79	51.69	10&U 50 BREAST	54.29	55.39	84
85	44.79	43.89	11-12 50 BREAST	46.49	47.49	86
87	No Bonus	6:08.59	10&U 400 FREE*	6:35.49	No Bonus	88
89	No Bonus	5:17.19	11-12 400 FREE**	5:27.49	No Bonus	90

*10&U 400 Free will be swum Timed Finals / Fast to Slow Alternating Girls/Boys; positive check-in by 9:00AM

**11-12 400 Free will be swum Timed Finals / Fast to Slow Alternating Girls/Boys; positive check-in by 9:00AM

11&OVER FINALS SESSION

WARM-UP: 3:45-4:50PM

COMPETITION: 5:00PM

Events From Prelims Starting with 13-14 50 Back, Open 50 Back, 11-12 100 Fly..... relays at end of session

67	N/A	N/A	13-14 400 MEDLEY RELAY*	N/A	N/A	68
69	N/A	N/A	OPEN 400 MEDLEY RELAY*	N/A	N/A	70

*Relay positive check in due by 5:00 PM. Events will be swum fastest to slowest alternating Girls/Boys. Cards due to clerk of course by start of relay.

SOUTHEASTERN SWIMMING LC CHAMPIONSHIPS

SUNDAY JULY 17, 2022

13 & OVER PRELIMINARY SESSION

WARM-UP: 7:15-8:50AM

COMPETITION: 9:00AM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
91	100 Bonus	100 QT	13-14 50 BREAST	100 QT	100 Bonus	92
93	100 Bonus	100 QT	OPEN 50 BREAST	100 QT	100 Bonus	94
95	2:42.69	2:39.49	13-14 200 BACK	2:35.69	2:38.89	96
97	2:39.59	2:36.39	OPEN 200 BACK	2:25.29	2:28.19	98
99	1:05.89	1:04.59	13-14 100 FREE	1:01.29	1:02.59	100
101	1:03.99	1:02.69	OPEN 100 FREE	56.69	57.89	102
103	2:41.59	2:38.39	13-14 200 IM	2:34.99	2:38.09	104
105	2:39.09	2:35.89	OPEN 200 IM	2:22.79	2:25.69	106
107	1:12.79	1:11.29	13-14 100 FLY	1:09.69	1:11.09	108
109	1:10.59	1:09.19	OPEN 100 FLY	1:02.19	1:03.49	110
			----session break----			
111	No Bonus	10:07.79	13-14 800 FREE*			
			13-14 1500 FREE*	18:51.19	No Bonus	112
113	No Bonus	9:57.49	OPEN 800 FREE*			
			OPEN 1500 FREE*	17:21.69	No Bonus	114

**Women's 800 Free and Men's 1500 Free will be swum combined 13&Over scored separately 13-14 and Open. Event will be conducted as Timed Finals, Slow to Fast Alternating Girls/Boys with fastest heats backing up to start of Finals warmup; check-in by end of finals on Saturday.

11-12 PRELIMINARIES & 10&UNDER TIMED FINALS SESSION

WARM-UP: 7:15-8:50AM

COMPETITION: 9:00AM

GIRLS	BONUS	STANDARD	EVENT	STANDARD	BONUS	BOYS
115	1:37.69	1:35.69	10&U 100 BACK	1:40.99	1:43.09	116
117	1:23.29	1:21.59	11-12 100 BACK	1:26.89	1:28.69	118
119	1:24.89	1:23.19	10&U 100 FREE	1:25.29	1:26.99	120
121	1:12.59	1:11.09	11-12 100 FREE	1:13.49	1:14.99	122
123	3:21.69	3:17.69	10&U 200 IM	3:33.79	3:38.09	124
125	2:59.19	2:55.59	11-12 200 IM	3:02.19	3:05.89	126
127	45.19	44.29	10&U 50 FLY	46.19	47.19	128
129	36.09	35.39	11-12 50 FLY	37.59	38.39	130

11&OVER FINALS SESSION

WARM-UP: 3:45-4:50PM

COMPETITION: 5:00PM

Events From Prelims Starting with 13-14 50 Breast, Open 50 Breast, 11-12 200 IM, 13-14 200 Back.....

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:

entries@swimhsa.org

Meet Referee Email:

dwilliamsonses@gmail.com

Disability Chair: Robin Heller

robin@seastarsaquatics.org

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach or team representative, verify that all the **swimmers** and **coaches** listed on the enclosed my team's entry are registered with USA Swimming Rules and Regulation:

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.

And as 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.

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. Huntsville Swim Association, City of Huntsville, Huntsville Parks and Recreation, Huntsville Aquatic Center, 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:
TITLE:	DATE:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.