



SPEEDO MUSIC CITY INVITE

NOV. 30 – DEC. 2, 2018

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA 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.

Held under the sanction of USA Swimming and Southeastern Swimming, Inc.

SANCTION NUMBER: 18SENAC11-30

SANCTION NUMBER FOR TIME TRIAL: 18SENAC11-30TT

HOST CLUB: Nashville Aquatic Club

LOCATION: Tracy Caulkins Competition Pool at Centennial Sportsplex 222 25th Avenue N Nashville, TN 37203

FACILITY: Indoor 50 meter by 25 yard pool divided by two 4-foot wide bulkheads into two 25 yard pools. Competition pool 1 runs from 7 feet at starting end to 8 feet deep, Competition pool 2 runs from 12 feet at starting end to 8 ½ feet deep. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Separate warm down pool will be available. Wireless live results will be available at www.swimnac.com.

ELIGIBILITY: All participants must be USA Swimming registered athletes or the swimmer's own National equivalent. Entries will not be accepted without current 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. On deck registration will not be available.

MEET SESSIONS:

FRIDAY & SATURDAY

PRELIMS:	Open Warm-Up	6:45-7:15am
	#1 Warm-up	7:15-8:00am
	#2 Warm-up	8:00-8:45am
	Competition	9:00am
NON-QUALIFYING:	Warm-up	Immediately following AM session
	Competition	At least 45 minutes after start of warm-ups
FINALS:	Warm-up	4:15-5:15pm
	Competition	5:30pm

All swimmers entered in the 1650 Freestyle should be prepared to provide their own timer for their race.

FLIGHTED PRELIMINARIES (Qualifying Sessions Only): Based on the number of entries, events 31 - 34 (400 IM) and 69 - 72 (500 Free) may be flighted at the discretion of the meet director.

RELAYS: Relays will be timed finals. Heats will be swum fastest to slowest in the Finals session, except 10-U relays, which will be swum at the end of the Prelim session, and swum slowest to fastest.

- **Teams are limited to two (2) relay entries in each relay event.**
- 10-U Relay cards must be submitted to Clerk of Course by the start of the Prelim session on the day of the event.
- 11-12, 13-14 and Open relay cards must be submitted to Clerk of Course by 5:15 p.m. the day of the event.
- Relay cards must have each swimmer's first and last names and must be presented in the order in which the swimmers are to swim in the relay.

DISABLED SWIMMERS: Check in with the Meet Director and submit attached Disabled Swimmer Form.

QUALIFYING SESSION ELIGIBILITY: **The Speedo Music City Invite Time Standards** are the minimum qualifying times for individual events in the Qualifying Sessions. Swimmers must meet the minimum qualifying times for ONE (1) or more of their individual events to be eligible to compete in the qualifying session.

Exceptions:

- Swimmers in all age groups MUST meet the minimum qualifying times in the following events to be entered in that event: 500 Free, 1650 Free, 400 IM, and ALL the 200 events.
- There will be no time standard for relays.

NON-QUALIFYING SESSION ELIGIBILITY: All swimmers who do not meet the eligibility requirements for the Qualifying Sessions are eligible to swim in the Non-qualifying Sessions.

- The NAC BullPen will be available for all 8 & under events ONLY.
- ALL swimmers, regardless of age, entered in 10&U events will report behind their blocks.

ENTRIES:

- **Teams are to submit entries using a HYTEK meet entry file to entry@swimnac.com. All entries must be received by Tuesday, November 13th.**
- HYTEK event file, psych sheets, daily results and other meet information will be posted at www.swimnac.com as it becomes available.
- Entries from individual athletes will not be accepted. All entries must come from a coach associated with the club.
- NAC reserves the right of sole discretion to determine which team entries are accepted. In exercising this discretion, NAC may consider the number of officials provided by the team, balance of age groups and gender in entries, level of competition and geographic location.

QUALIFYING SESSION ENTRY LIMITS:

- All swimmers may enter and swim no more than THREE (3) individual events per day and no more than SIX (6) individual events in the entire meet.
- The Qualifying Sessions will be limited to 600 swimmers.

NON-QUALIFYING SESSION ENTRY LIMITS:

- All swimmers may enter and swim no more than THREE (3) individual events per day and no more than FIVE (5) individual events in the entire meet.
- The Non-Qualifying sessions will be limited to 250 swimmers.

DECK ENTRIES: Deck entries will be accepted for available lanes on a first-come, first-serve basis pending lane availability. No new heats will be formed. Coaches must submit entry for deck entries at the meet.

TIME TRIALS:

- Time trials may be held upon reasonable request at the discretion of the meet referee and must be requested by a USA Swimming coach.
- Swimmers must provide their own time for each event.
- Time trials will be held after the finals session each night and, time permitting, after the morning preliminaries on Friday and Saturday and after the timed finals Qualifying session on Sunday.
- Fees for time trials shall be \$15.00 per individual event and \$20.00 per relay.
- Swimmers swimming prelim final events may not exceed a total of THREE (3) individual events, including time trial events, per day.
- Swimmers swimming timed final events only may not exceed a total of FIVE (5) individual events, including time trial events, per day.
- Only swimmers already entered in the meet are eligible for time trials.

SCRATCHES:

- Swimmers qualifying for finals and consolation finals must notify the Clerk of Course within 30 minutes of the announcement of qualifiers for that event if they do not intend to compete.
- Any swimmer qualifying for a final or consolation final race in an individual event who fails to compete in such final race shall be barred from swimming his or her next individual event of the competition, unless such failure to compete is excused by the meet referee for cause.
- This penalty shall apply to individual events only, and shall not apply to relay events.
- Swimmers signing in for a deck seeded event and not swimming will be scratched from their next event unless relieved by the Meet Referee for cause.

ENTRY FEES:

Individual Events	\$7.00
Relays	\$14.00
SES Surcharge	\$3.00
Out of LSC Surcharge	\$5.00
Facility Surcharge	\$16.00
Team Surcharge	\$43.00 per Team (teams with 4 or fewer swimmers)*

**Fee incurred in addition to the entry fees & LSC and facility surcharges*

Meet Entry fees may be paid via check or credit card. **Please note that credit card payments will incur a 3.5% cc processing fee.** Payment is due and must be turned in to the Meet Director upon check-in for coaches at the first session of the meet. **For teams who mail a check to the NAC PO Box, please note that mailed checks must be received prior to the first session of the meet.** Proof of payment must be shown if a mailed check is not yet received. All entry fees are non-refundable.

**MAIL CHECKS & SIGNED WAIVER TO: NASHVILLE AQUATIC CLUB
PO BOX 128318
NASHVILLE, TN 37212**

Please submit entries to:

ENTRY CHAIR

Neal Rushing

Entry@SwimNAC.com

Please direct questions to:

MEET DIRECTOR

Brook Bishop

MeetDirector@SwimNAC.com

NOTE: HYTEK event file, psych sheet, daily results and other meet information will be posted on the NAC website (www.swimnac.com) as it becomes available.

HEAT SHEETS: Only Electronic Heat Sheets will be available. These will be able to be accessed on the NAC website in a printable format.

AWARDS: Awards will be given for 1st – 8th place for Qualifying Session 10-U & 11-12 individual events and 1st – 3rd place for Qualifying Session 10-U & 11-12 relays.

SCORING:

The Qualifying Sessions will be scored as follows. The Non-qualifying Sessions will NOT be scored:

10-U and 11-12 Individual Events:	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
13-14 and Open Individual Events - <i>A Final Heat</i> :	20-17-16-15-14-13-12-11
13-14 and Open Individual Events - <i>B Final Heat</i> :	9-7-6-5-4-3-2-1
10-U, 11-12, 13-14 & Open Relay Events:	40-34-32-30-28-26-24-22

OFFICIALS:

MEET REFEREE

Tara Todd

MeetRef@SwimNAC.com

ADMIN OFFICIAL

Kristy Oldham

AdminOfficial@SwimNAC.com

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. Contact MeetRef@SwimNAC.com with questions or sessions that can be worked. Your help is greatly appreciated.

MEETINGS: If a coaches meeting is deemed necessary, the Meet Director will provide information regarding time and location at coaches' check-in. Timers will meet 30 minutes prior to each session. Officials will meet 1 hour prior to every session for briefings.

WARM-UPS: SES Warm-up procedures and Meet Safety Guidelines will be in effect. The Meet Director will post warm-up lane assignments prior to the start of the meet. 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.

FACILITY RULES:

- The Centennial Sportsplex respectfully asks that NO outside food or drink be brought into the building.
- NO food or drink (with the exception of water bottles) shall be brought into the pool area.
- NO coolers shall be brought into the building.
- Concessions will be available for sale by Sportsplex Personnel.
- Only Swimmers, Coaches and Meet Personnel shall be permitted on the pool deck at any time.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, and locker rooms.
- No cameras, audio or visual recording devices allowed on deck without proper credentials.

SPECIAL NOTES:

- In accordance with Southeastern Swimming Guidelines, overhead starts, whistle starts, and the "no recall rule" will apply.
- The Meet Director reserves the right to combine heats and/or events, limit any event, or run the non-qualifying session in two pools in order to facilitate the conduct of the meet and to run the meet within the time allocated. May also shift age groups in pools during the prelim/finals to conduct meet within the time allocated.
- 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.
- At check in all coaches must show either USA Swimming membership card or deck pass and make them available at the request of meet officials.
- Nashville Aquatic Club reserves the right of sole discretion to determine which team entries are accepted. In exercising this discretion, NAC may consider the number of officials provided by the team, balance of age groups and gender entries, level of competition and geographic location.
- Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present

EVALUATION: Any specific problems or concerns about the meet that are not resolved during the meet or to your satisfaction should be communicated in writing immediately to the chairperson of Southeastern Swimming.

Phillip A. Kraus
PO Box 30318
Pensacola, FL 32504
Ses.general.chair@gmail.com

NAC TEAM SPONSORS: There are several local businesses that support NAC and the sport of competitive swimming. These businesses not only contribute to the initiatives of team, but they also strive to better serve our out of town participants and spectators. Often times our NAC Team Sponsors offer special deals and offers the weekends of our swim meets and are ready and able to accommodate large groups, catering orders, and other special requests. Teams are encouraged to check out the listed hotels and restaurants posted on the NAC Team Sponsors page of the website www.swimnac.com/about/team-sponsors when making plans to attend a NAC swim meet.



ORDER OF EVENTS

Friday Prelim Session

GIRLS	EVENT	BOYS
1	10-U 50 BACK	2
3	11-12 50 BACK	4
5	13-14 100 BACK	6
7	SENIOR 100 BACK	8
9	10-U 200 FREE	10
11	11-12 200 FREE	12
13	13-14 100 FREE	14
15	SENIOR 100 FREE	16
17	10-U 100 BREAST	18
19	11-12 100 BREAST	20
21	13-14 200 BREAST	22
23	SENIOR 200 BREAST	24
25	10-U 50 FLY	26
27	11-12 50 FLY	28
29	13-14 100 FLY	30
31	SENIOR 100 FLY	32
33	10-U 200 FREE RELAY	34
35	13-14 400 IM	36
37	SENIOR 400 IM	38
39	11-12 200 FREE RELAY	40
41	13-14 400 FREE RELAY	42
43	SENIOR 400 FREE RELAY	44

Friday Non-Qualifying Session

GIRLS	EVENT	BOYS
401	10 & Under 200 Freestyle (Mixed Gender)	401
403	11-12 500 Freestyle (Mixed Gender)	403
405	13 & Over 500 Freestyle (Mixed Gender)	405
407	10 & Under 100 Breast	408
409	11-12 100 Breast	410
411	13 & Over 200 Breast	412
413	10 & Under 100 IM	414
415	11-12 200 IM (Mixed Gender)	415
417	13 & Over 400 IM (Mixed Gender)	417



ORDER OF EVENTS

Saturday Prelim Session

GIRLS	EVENT	BOYS
45	10-U 100 FLY	46
47	11-12 100 FLY	48
49	13-14 200 FLY	50
51	SENIOR 200 FLY	52
53	10-U 50 FREE	54
55	11-12 50 FREE	56
57	13-14 50 FREE	58
59	SENIOR 50 FREE	60
61	10-U 100 IM	62
63	11-12 100 IM	64
65	13-14 200 IM	66
67	SENIOR 200 IM	68
69	10-U 200 MEDLEY RELAY	70
71	11-12 500 FREE	72
73	13-14 500 FREE	74
75	SENIOR 500 FREE	76
77	11-12 200 MEDLEY RELAY	78
79	13-14 400 MEDLEY RELAY	80
81	SENIOR 400 MEDLEY RELAY	82

Saturday Non-Qualifying Session

GIRLS	EVENT	BOYS
419	11-12 100 IM	420
421	10 & Under 200 IM (Mixed Gender)	421
423	13 & Over 200 IM	424
425	11-12 100 Back	426
427	10 & Under 100 Back	428
429	13 & Over 50 Free	430
431	11-12 50 Breast	432
433	10 & Under 50 Breast	434
435	13 & Over 100 Back	436
437	11-12 50 Fly	438
439	10 & Under 50 Fly	440
441	13 & Over 100 Fly	442
443	11-12 100 Free	444
445	10 & Under 100 Free	446
447	13 & Over 200 Free	448



ORDER OF EVENTS

Sunday Non-Qualifying Session

GIRLS	EVENT	BOYS
449	12 & Under 200 Free (Mixed Gender)	449
451	13 & Over 200 Back	452
453	10 & Under 100 Fly	454
455	11-12 100 Fly	456
457	13 & Over 100 Free	458
459	10 & Under 50 Free	460
461	11-12 50 Free	462
463	13 & Over 100 Breast	464
465	10 & Under 50 Back	466
467	11-12 50 Back	468
469	13 & Over 200 Fly	470

Sunday Timed Finals Session

GIRLS	EVENT	BOYS
83	10-U 100 FREE	84
85	11-12 100 FREE	86
87	13-14 200 FREE	88
89	SENIOR 200 FREE	90
91	10-U 50 BREAST	92
93	11-12 50 BREAST	94
95	13-14 100 BREAST	96
97	SENIOR 100 BREAST	98
99	10-U 100 BACK	100
101	11-12 100 BACK	102
103	13-14 200 BACK	104
105	SENIOR 200 BACK	106
107	10-U 200 IM	108
109	11-12 200 IM	110
111	SENIOR 1650 FREE	112
111	13-14 1650 FREE	112



2018 SPEEDO MUSIC CITY INVITE TIME STANDARDS

BOYS				EVENTS	GIRLS			
10&Under	11-12	13-14	Open		Open	13-14	11-12	10&Under
:34.59	:30.09	:26.59	:23.59	50 Free	:26.09	:26.99	:29.99	:33.79
1:16.89	1:04.89	:56.59	:51.79	100 Free	:56.69	:59.99	1:04.49	1:14.79
2:46.39	2:23.89	2:03.59	1:52.49	200 Free	2:01.29	2:06.99	2:19.09	2:44.89
--	6:12.99	5:23.39	5:07.29	500 Free	5:22.29	5:36.69	6:03.59	--
--	--	18:30.99	17:59.99	1650 Free	18:23.09	18:45.99	--	--
:40.59	:35.29	-	-	50 Back	-	-	:34.49	:39.49
1:26.99	1:16.09	1:04.99	:59.39	100 Back	1:04.39	1:06.79	1:13.59	1:24.99
		2:20.79	2:08.79	200 Back	2:19.09	2:25.99		
:46.39	:39.89	-	-	50 Br	-	-	:37.99	:44.99
1:42.29	1:27.89	1:15.99	1:08.49	100 Br	1:13.99	1:17.19	1:23.39	1:38.19
		2:43.89	2:29.99	200 Br	2:41.19	2:46.49		
:40.09	:33.49	-	-	50 Fly	-	-	:32.49	:38.59
1:35.59	1:15.39	1:03.49	:58.09	100 Fly	1:02.39	1:06.69	1:13.39	1:31.09
		2:34.59	2:14.79	200 Fly	2:25.99	2:31.99		
1:26.19	1:15.29	-	-	100 IM	-	-	1:13.39	1:25.29
3:08.99	2:41.99	2:20.49	2:08.09	200 IM	2:17.89	2:25.29	2:36.99	3:06.39
		4:53.69	4:35.89	400 IM	4:56.09	5:03.09		

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, Metro Nashville Parks and Recreation, 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.

I, the under signed coach or team representative, verify that all of the **swimmers** and **coaches** listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

.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 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 **DATE**

NAME (PRINTED) _____

CLUB: _____

TITLE: _____

MOBLIE PHONE: _____

EMAIL: _____

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 the 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: MeetDirector@SwimNAC.com

Meet Referee: MeetRef@SwimNAC.com

Disability Chair: Robin Heller robin@seastarsaquatic.org



SUMMARY OF FEES

Make checks payable to: Nashville Aquatic Club

SE SWIMMERS: _____ X \$3.00 SE SURCHARGE = \$ _____

OUT of SE SWIMMERS: _____ X \$5.00 OUT of LSC SURCHARGE = \$ _____

SWIMMERS: _____ X \$16.00 FACILITY SURCHARGE = \$ _____

INDIVIDUAL EVENTS: _____ X \$7.00 PER EVENT ENTRY FEE = \$ _____

RELAY EVENTS: _____ X \$14.00 PER RELAY ENTRY = \$ _____

\$43.00 PER TEAM W/ 4 OR FEWER SWIMMERS = \$ _____

TOTAL DUE: = \$ _____