



**2025 Georgia Long Course  
Senior State Championships**

**Hosted By:  
ABSC**

**Date(s): 07/24/2025 - 07/27/2025**

**Sanction #: undefined**



<b><u>Meet Director</u></b> Jonathan Foggin <a href="mailto:jonathan@athensbulldogs.com">jonathan@athensbulldogs.com</a>	<b><u>Meet Referee</u></b> Philip Kopf <a href="mailto:pkswimref@gmail.com">pkswimref@gmail.com</a>	<b><u>Admin Referee</u></b> Will Heffner <a href="mailto:wcheffner63@gmail.com">wcheffner63@gmail.com</a>
<b><u>Starter</u></b> Rayleen Soderstrom <a href="mailto:soderstromrayleen@gmail.com">soderstromrayleen@gmail.com</a>	<b><u>Chief Judge</u></b> Steve Potter <a href="mailto:spotter.usaswimming@gmail.com">spotter.usaswimming@gmail.com</a>	<b><u>Admin Official</u></b> Janna Nimmo <a href="mailto:janna.nimmo@gmail.com">janna.nimmo@gmail.com</a>

<b>SANCTION:</b>	Held under the sanction of USA Swimming, through Georgia Swimming Inc.
<b>LIABILITY:</b>	In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and "ABSC," shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
<b>SWIMMERS WITH A DISABILITY:</b>	<p>All swimmers with a disability must meet the <a href="#">B Para Time Standards</a> according to their performance group (P1, P2, P3) in every event they wish to participate in the meet.</p> <p>Coaches with swimmers with a disability competing must notify the Entry Chair with their entry and the Meet Referee prior to the meet."</p> <p>Coaches may use the <a href="#">Necessary Accommodation Form</a> to satisfy this requirement.</p> <p>Swimmers achieving an <a href="#">A Para Time Standards</a> will qualify to swim in one of three mixed PARA heats at Finals to be swum at the beginning of the session, after the 2<sup>nd</sup> event and after the last individual event.</p> <p>Failure to provide advance notice may limit the host's ability to accommodate all requests.</p>
<b>FACILITY:</b>	<p align="center">UGA's Gabrielsen Natatorium 330 River Road, Athens, GA 30602 706.542.5060</p> <p>This facility's competition pool is an 8 lane, 50-meter long course pool with Colorado timing and scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The certification is on file with USA Swimming, Inc., and Georgia Swimming, Inc. The pool depth at the start ends equals 8.5 and turn end depth equals 8.5.</p> <p>The Meet Host will ensure the required course dimensions.</p>
<b>MEDICAL SUPERVISION:</b>	A full staff of lifeguards with rescue equipment, backboards and AEDs devices are on staff for every meet. UGA Campus police, who are trained in CPR and first aid are also present. The UGA Health Center is in a building adjacent to the facility.

<b>SESSION SCHEDULE:</b>	All days prelim warmup 7:00 AM – meet start 8:30 AM All days finals warmup 4:00 PM – meet start 5:30 PM
<b>MEET FORMAT:</b>	<p><b><u>Individual Events</u></b></p> <p>All individual events will be conducted on a Preliminary and Final basis with the exception of the 800 and 1500 Freestyle, which will be conducted as a timed final event.</p> <p>The 800 and 1500 Freestyle heats will be swum fastest to slowest, alternating 1 heat each of women and one heat of men. <b><u>The positive check-in deadline for the 800 will be 6 pm, Wednesday, July 23, via email to the meet director. The positive check-in deadline for the 1500 Freestyle is Saturday before the start of finals.</u></b></p> <p>The 400 IM and 400 Freestyle Preliminary heats will be seeded as follows: fastest four heats swum slowest to fastest (4 women heats, 4 men heats), followed by remaining heats swum fastest to slowest alternating women/men. <b><u>The positive check-in deadline for these races is 8:00 AM on the day of the event.</u></b></p> <p>There may be a rest break in Prelims each day before the start of that day’s distance event (400 IM, 400, 800, 1500 Free). Meet management will decide, and it will be announced at the Coaches’ meeting. There will be a 5-minute break before the relays in finals.</p> <p>Championship, Consolation, and two Bonus heats (four heats in all) will be swum in all 50, 100 and 200m Prelim/Final events. The Championship, Consolation, and one Bonus heat (three heats in all) will be swum in the 400m Prelim/Final events. The bonus heats will be reserved for 18 &amp; Under athletes.</p> <p>The order of the Finals heats will be D-C-B-A. <i>*Note: Those swimmers named as First &amp; Second Alternate in each Prelim/Final event must stand by the starter at the beginning of the event for which they are named if they wish to swim.</i> <b><u>Alternates will be placed in ANY vacant lane and swim exhibition.</u></b></p> <p><b><u>Relay Events</u></b></p> <p>All relays will be conducted as Timed Final events.</p> <p>Each team is limited to two entries of each gender for all relays except the 800 which is limited to 1 per team.</p> <p>All 200-meter relays will be swum at the beginning of the Prelims sessions. These events will be pre-seeded, and there is NO positive check-in. However, relay names should be turned in prior to the start of the session.</p> <p>800 Free Relays will be swum at the end of the Finals session on Thursday, seeded fast to slow alternating women and then men. <b><u>Positive check-in is required by 5:30 PM on Friday.</u></b></p> <p>The 400-meter relays will be swum at the end of the Finals session on Friday and Saturday, respectively. <b><u>Positive check-in is required by 5:30 PM the day of the relay.</u></b></p> <p>In order to maintain a reasonable timeline and to regulate the continuity of the meet the Meet Director, in consultation with the Meet Management Committee (Meet Director, Senior Committee Chair, Meet Referee and Coach) reserves the right to make the final decisions on the following: Dive over starts; rest breaks; scheduling of Time Trial; other issues that affect the management, versus the conduct, of the meet.</p>

<b>SCRATCH BOX:</b>	<ul style="list-style-type: none"> <li>• This meet will follow USA Swimming procedures specified in rule 207.11.6 except where exceptions are stated.</li> <li>• Swimmers who do not intend to swim an event or must scratch down to the three events per day limit or need to make room for a time trial should scratch by 6:00 pm the night before each preliminary session. Scratch cards should be completed and deposited in the scratch box at the Clerk of Course by the appropriate deadline. Heat sheets for each session will not be published until after all scratches are processed each night. An electronic scratch box may also be employed.</li> <li>• While there will be no penalty for failure to compete in preliminary heats of events 200M or less, swimmers and coaches should remember that late entries will only be accepted for empty lanes. There will be more full heats and better timelines if everyone scratches responsibly. Therefore, we ask all coaches to declare any scratches to the Clerk of Course before the deadlines to ensure full heats and the best competition opportunities for all athletes.</li> </ul>
<b>ENTRY FEES:</b>	<ul style="list-style-type: none"> <li>• Individual Event Entry Fee: \$15</li> <li>• Late Entry Fee: \$30 (only swimmers already entered in events that session)</li> <li>• Time Trial Fee: \$40 (attempting Futures cut or faster)</li> <li>• Relay Entry Fee: \$30</li> <li>• Relay Late Entry Fee: \$60</li> <li>• Swimmer Surcharge: \$21</li> <li>• GA LSC Travel Fund \$3.00 / Georgia LSC registered athlete</li> <li>• GA travel fee \$6.00 / non-Georgia LSC registered athlete</li> </ul>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all swimmers registered with Georgia Swimming who have achieved the required qualifying time standard for each event entered since <b>April 1, 2024, until July 24, 2025</b> (see “Qualifying Times”). Swimmers who have achieved the qualifying standard for either the 800 or the 1500 may enter both events.</li> <li>• No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.</li> </ul>
<b>PROOF OF TIMES:</b>	<p>Submit entries using an electronic entry file as well as a hard copy of the entry with all bonus swims clearly designated. <b>THE HARD COPY MUST BE A “PROOF OF TIMES” REPORT SHOWING WHERE EACH TIME WAS ACHIEVED. YOUR ENTRY WILL NOT BE ACCEPTED WITHOUT IT.</b> Entries must include the USA Swimming Club Code and each swimmer’s USA Swimming number, first and last name, age, and seeding time for each event entered</p> <p>The final results for each event will be reviewed by the Senior Chair to determine violations of the entry time requirement. If a swimmer fails to achieve the qualifying standard at this meet and cannot be verified on SWIMS, then Georgia Swimming, Inc. will invoke a fine of <b>\$50.00</b> against the team of said swimmer, or against the swimmer if unattached, for each non-qualifying time, <u><b>INCLUDING ANY BONUS SWIMS TIED TO THAT SWIM.</b></u> <b>The SWIMS database will be the sole source document used to verify proof of time for this meet.</b> Failure to pay as prescribed by Georgia Swimming Policy Manual 6.4 will <b>result in the barring of said team/individual from participating in any meets until such time as the fine is paid in full.</b> Make checks payable to “Georgia Swimming.” Proof of times is not required for relays.</p> <p><i><b>*Bonus Events, if the bonus event is NOT marked as a bonus event and the swimmer fails to achieve the time standard for that event, the swimmer will be subject to a \$50.00 fine.</b></i></p>
<b>ENTRIES:</b>	<ul style="list-style-type: none"> <li>• Swimmers will be limited to competing in three (3) individual events per day, plus relays.</li> <li>• Any swimmer who competes in more than his or her daily limit will be disqualified from</li> </ul>

	<p>the last event(s) of that day.</p> <ul style="list-style-type: none"> <li>Swimmers who have qualified for an event in any preliminary session (and are entered below the qualifying time) may swim any three (3) bonus events of 50, 100 or 200m. Bonus events must be designated as such, will be seeded behind qualified times and will count towards the daily event limit.</li> <li>Each team will be limited to two (2) relay team entries per event, except for the 800 Free Relays which will be limited to one (1) entry per team.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded, with the exception of the 400 IM, 400, 800, 1500 Free, 400 Medley Relay, 400 Free Relay, and 800 Free Relay. These events will require a positive check-in at the Clerk of Course according to the times shown under “Check-in”.</li> <li>Any swimmer entering the 800 or 1500 Free based on their qualifying time in the other distance should be entered with a current time in the entered event.</li> </ul>
<b>TIME TRIALS:</b>	<ul style="list-style-type: none"> <li>Time Trial events will be conducted after the Preliminary sessions.  <b><u>Time Trial events will count towards the athlete’s daily limit.</u></b>  Time Trial check-in closes at 11:00 AM. Additions after the deadline are at the discretion of the Meet Referee.</li> </ul>
<b>CHECK IN CLERK of COURSE</b>	In order to be seeded into the deck-seeded events, swimmers and relay teams must check-in with the Clerk of Course by the times listed in the Meet Format section.
<b>ENTRY SUBMISSION:</b>	<p>Submit one check payable to: <b>ABSC</b>  Entries must be received on or before: <b>07/16/2025 6:00 pm</b>  Entries should be emailed to : Jonathan Foggin (<a href="mailto:jonathan@athensbulldogs.com">jonathan@athensbulldogs.com</a>)</p> <p><b><u>Teams may make revisions for the athletes entered in the meet or add swimmers who qualify at the Age Group State Champs until Monday, July 21<sup>st</sup> at noon.</u></b></p>
<b>RULES:</b>	<p><b>Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.</b></p> <p>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition</p> <p><b><u><a href="#">Tech Suit Restrictions for 12-and-Under Swimmers</a></u></b></p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, behind the blocks (Including warm-up, warm-down, and Competition), rest rooms or locker rooms.</p> <p>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. 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.</p> <p><b>Deck changes are prohibited.</b></p>

	<p>On deck registrations will not be permitted during this event.</p> <p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches' areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and /or spectators are present. Exceptions may be granted with prior written approval by the Program Operations Vice Chair, Program &amp; Events Committee Chair, or designee.</p>
<b>COACHES MEETING:</b>	<b>All teams are required to attend the coaches meeting.</b> The host will provide the time and format, which may be a Zoom meeting held prior to the meet.
<b>TEAM REQUIREMENT TO PROVIDE VOLUNTEERS</b>	All teams will be required to provide officials and/or timers in proportion to their entry size. Teams who fail to provide required volunteers for their assigned session will be assessed a \$50.00 fine per assigned session.
<b>AWARDS:</b>	<p>No individual awards will be given. The three highest scoring teams will be recognized but no award will be given.</p> <p><b>Outstanding Swimmer Recognition</b> – The male and female swimmer who scores the most individual points will be recognized as the “Outstanding Female Swimmer” and “Outstanding Male Swimmer.”</p>
<b>SCORING:</b>	<p>Individual and Relay events, including events for para swimmers, will be scored to 16 places. Swimmers who do not achieve the meet qualifying time in an event cannot score points in that event.</p> <p>Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</p>
<b>CONSESSIONS:</b>	Concessions are available at the Joe Frank Harris Dining Commons and Ramsey Center Vending.
<b>CREDENTIALS:</b>	Only athletes, USA Swimming certified coaches, and USA Swimming officials, in good standing, will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times. Parents not working the meet as a volunteer or other position are not permitted on deck.
<b>OFFICIALS:</b>	ABSC welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an official's meeting 1 hour prior to the start of each session. The official's uniform will consist of a white polo collared shirt, navy blue shorts, skirts or slacks with white socks and white shoes for preliminary events. The official's uniform will consist of a white polo collared shirt, navy blue skirts or slacks with white socks and white shoes for all final events. All officials must present at check in, their current LSC Officials Certification Card; OR a recently completed Apprentice Form; AND proof of current USA Swimming Non-Athlete membership. Credentials may be required for deck access and hospitality.
<b>GEORGIA WARM-UP POLICY:</b>	The <a href="#">GA Swimming Warm Procedures and Safety Policies</a> will be followed.

<b>GEORGIA SCRATCH RULE:</b>	The <a href="#">Georgia Swimming Scratch Rule</a> will be in effect for this meet.
<b>MISC. INFORMATION:</b>	Meet Updates (including parking policies, timer sign-ups, psych sheets, heat sheets, and other information related to meet logistics) will be posted to the State Meet section of the ABSC website ( <a href="https://www.athensbulldogs.com/page/calendar#/team-events/upcoming/1611291">https://www.athensbulldogs.com/page/calendar#/team-events/upcoming/1611291</a> ). Results will also be published to Meet Mobile.
<b>2025 SENIOR STATE QUALIFYING TIMES</b>	<a href="https://www.gaswim.org/lscszgs/UserFiles/Image/QuickUpload/2025-sr-lc-champs-qts-rev-4-16-072470.pdf">https://www.gaswim.org/lscszgs/UserFiles/Image/QuickUpload/2025-sr-lc-champs-qts-rev-4-16-072470.pdf</a>
<b>USA SWIMMING 2024- 2028 MOTIVATIONAL STANDARDS</b>	<a href="https://www.gomotionapp.com/szlsc/UserFiles/Image/QuickUpload/2028-swads-motivational-standards-age-group-037558_052539.pdf">https://www.gomotionapp.com/szlsc/UserFiles/Image/QuickUpload/2028-swads-motivational-standards-age-group-037558_052539.pdf</a>

### Event Schedule

Women's Event #	Thursday 2025-07-24	Men's Event #
1	Mixed 200 Free Relay (all heats in prelims)	
3	50 back	4
5	200 Breast	6
7	50 Free	8
9	200 Fly	10
11	800 Free (all heats in prelims)	12
13	800 Free Relay (all heats in finals)	14

Women's Event #	Friday 2025-07-25	Men's Event #
15	200 Free Relay (all heats in prelims)	16
17	400 Free	18
19	100 Breast	20
21	200 Back	22
23	400 Medley Relay (all heats in finals)	24

Women's Event #	Saturday 2025-07-26	Men's Event #
25	Mixed 200 Medley Relay (all heats in prelims)	
27	200 Free	28
29	100 Fly	30
31	50 Breast	32
33	400 IM	34
35	400 Free Relay (all heats in finals)	36

Women's Event #	Sunday 2025-07-27	Men's Event #
37	200 Medley Relay (all heats in prelims)	38
39	100 Free	40
41	100 Back	42
43	50 Fly	44
45	200 IM	46
47	1500 Free (all heats in prelims)	48

**2025 Georgia Long Course Senior State Championships: 07/24/2025 - 07/27/2025**

Team Name \_\_\_\_\_ Team abbreviation \_\_\_\_\_

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Head Coach \_\_\_\_\_

Head Coach E-mail \_\_\_\_\_ Head Coach Cell \_\_\_\_\_

***All coaches from your team must be listed and have valid USA Swimming credentials.***

1<sup>st</sup> Coach \_\_\_\_\_ 2<sup>nd</sup> Coach \_\_\_\_\_

3<sup>rd</sup> Coach \_\_\_\_\_ 4<sup>th</sup> Coach \_\_\_\_\_

Individual Event Fee	\$15.00 x (number of athletes)	= _____
Relays Entry Fee	\$30.00 x (number of relays)	= _____
Swimmer Surcharge	\$21.00 x (number of athletes)	= _____
GA LSC Travel Fund	\$3.00 x (number of athletes)	= _____
	<b>TOTAL</b>	= _____

**Submit one check payable to: ABSC**

c/o Clayton Foggin, Treasurer

139 Hope Avenue, Athens, GA 30606

Email entries to: Jonathan Foggin ([jonathan@athensbulldogs.com](mailto:jonathan@athensbulldogs.com))

***WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:***

***I, the undersigned coach, or team representative, verify that all swimmers and coaches listed on the enclosed entry are registered with USA Swimming.***

***I acknowledge that I am familiar with the safety rules of USA Swimming and Georgia Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.***

**I have reviewed RULE 302.4 FALSE REGISTRATION and understand that if a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Georgia Swimming Inc. may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.**

\_\_\_\_\_  
Signature/Title

\_\_\_\_\_  
Date