

2016 Southern Premier

March 4-6, 2016

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:16SETNAQ3-4

Sanction Number for Time Trial:16SETNAQ3-4TT

HOST CLUB: Tennessee Aquatics

LOCATION: Allan Jones Intercollegiate Aquatic Center-University of Tennessee
2200 Andy Holt Avenue, Knoxville, Tennessee 37996

FACILITY: 50-meter competition courses (maximum of 8 lanes course) with slanted starting blocks (28 inches above the water surface). Pool depth is 8 feet at ends, 9 feet in the center. Lanes are 9 feet wide formed by 6 inch Competitor lane markers. Warm-up/warm-down pool is located adjacent to the competition pool, with a minimum of two separate 25- yard warm-up/ warm-down lanes available (up to 6 lanes). Seating for 1,284 spectators in the balcony overlooking the pool. Only coaches and athletes are permitted on the pool deck, locker rooms are adjacent to the pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

MEET SESSIONS:

Prelim Sessions:

Warm-Up: 7:00-8:50am

Competition: 9:00am

Finals Sessions:

Warm-up: 4:30-5:50pm

Competition: 6:00pm

NOTES: Possibility that warm-up and competition start times will be made earlier for the finals session on Sunday. All warm up start and end times and duration of warm ups may be adjusted at the discretion of the Meet Director. **On deck USA registration will not be allowed.**

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.

INDIVIDUAL EVENTS:

- Timed finals for all 10&U events.
- Prelim/Finals for 11-12, 13-14, & Senior age groups.
- Age on the first day of competition determines age group for the entire meet.
- Prelims will be swum SCY and Finals will be swum LCM.

RELAY EVENTS: All relays are timed finals and will be deck seeded.

- 10&U Relays will be swum in the prelims sessions, heats swum slowest to fastest.
- 11-12, 13-14, Senior & Open relays will be swum in the finals sessions, heats swum fastest to slowest.
- **Teams are limited to two relay entries in each relay event**
- 10&U Relay cards must be submitted to Clerk of Course by the start of the Preliminary session on the day of the event.
- 11-12, 13-14, Senior relay cards must be submitted to Clerk of Course by 5:15 p.m. the day of the event.
- **Open 200 Free Relay and Open 200 Medley Relay cards must be submitted to Clerk of Course by warm-ups 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.
- **We reserve the right to split the relay heats and swim them in 2 courses during the prelims and finals sessions.**

SESSIONS: Prelims will be swum in SCY in an 8 lane course and one 8-10 lane course. Finals will be swum in LCM in a single 8 lane course as follows:

11-12 age group – A Final, 13-14 age group – A & B Final, Senior age group – A, B & C Final

- Exceptions:
- 11-12 500 Free is a deck-seeded timed final event swum in the Preliminary session fastest to slowest.
- 13&Over 1500 & 800 Free are timed finals, swum in the Preliminary Distance session fastest to slowest, except for the fastest heat which will be swum in Finals. Swimmers will indicate at positive check in if they are available to swim the 1500 during the preliminary distance session *only* by marking "AM ONLY" next to their initials.
- 13-14 400 IM and 500 Free will swim only an A Final.
- Senior 400 IM and 500 Free will swim only an A & B Final.

SEEDING: Individual events will be pre-seeded.

Exceptions:

- 500 Free, 1500 Free, 800 Free & 400 IM will be deck seeded.
- The fastest three heats of each of the 13-14 and Senior 500 Free & 400 IM will be circle seeded.
- The 13&Over 1500 Free & 800 Free will be swum fastest to slowest one hour after the conclusion of the preliminary session, with the fastest heat being swum at finals.
- For the 500 Free, 1500 Free, 800 Free & 400 IM swimmers must sign-in with Clerk of Course prior to the start of the Preliminary session on the day of the event. If a swimmer is not checked in with Clerk of Course, the swimmer is legally scratched from the event.
- There is no penalty for not swimming a deck-seeded event.

FLIGHTED PRELIMINARIES: Based on the number of entries, the 400 IM and 500 Free may be flighted at the discretion of the Meet Director. In the event that either or both of these events are flighted, the following will occur:

- After positive check-in, the fastest 3 heats in each 13-14 event and the fastest 3 heats in each Senior event will be circle seeded and swum in an "A" Flight of prelims in normal event order. All remaining entries will be swum in a "B" Flight. The "B" Flight will be swum fastest to slowest in normal event order. All swimmers in the "B" Flight should be prepared to provide a timer for their lane, if needed.
- The Meet Director and Meet Referee reserve the right to adjust the timeline in any way deemed proper to facilitate the operation of the meet, including the right to insert 10 minute breaks where appropriate in the meet timeline.

ELIGIBILITY: All swimmers must be registered with USA Swimming or the swimming federation of their representative country. No entries will be accepted without current USAS registration numbers (or their international equivalents).

TIME STANDARDS : The 2016 Southern Premier Time Standards are as follows:

- **Out of Southeastern LSC Swimmers:**
 - Age Group Time Standards: 2016 Eastern Section of the Southern Zone Age Group Sectional Time Standards
 - Senior Time Standards: 2016 Eastern Section of the Southern Zone Senior Sectional Time Standards
- **Southeastern LSC Swimmers:**
 - 2016 Southeastern Swimming Championships Time Standards

Swimmers must have a qualifying time for one or more of their individual events to be eligible to swim the meet. All entry times must be proven.

Bonus events will be permitted for this meet. All athletes who qualify for one or more individual events will be permitted to enter and swim in up to two bonus events total for the entire meet.

Exceptions:

- **Swimmers in all age groups must have a qualifying time in the following events to be entered in that event: 200 Free, 500 Free, 1500 Free 800 Free, 200 IM, 400 IM.**
- There will be no time standard for relays.

ENTRIES: All swimmers may enter and swim no more than three individual events per day and no more than seven individual events in the entire meet.

Teams are to submit entries to Victoria Klouda via email at meetdirector@tnaquatics.com.

HYTEK event file, psych sheets, daily results and other meet information will be posted at www.tnaquatics.com as it becomes available. **Entries from individual athletes will not be accepted. All entries must come from a coach associated with each club, and the use of a HyTek entry file is highly encouraged.**

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DECK ENTRIES: Deck entries and changes will be accepted for available lanes on a first-come, first-serve basis pending lane availability. No new heats will be formed. Coaches can make these arrangements and pay on deck at the Clerk of Course.

ENTRY DEADLINE: All entries and entry materials must be received by **Tuesday, February 23rd at 6:00 p.m.** Hardcopy, check, entry summary and release should be mailed for entry to be considered complete. Please waive need for signature on any express mail, Federal Express, UPS, etc.

Make checks payable to: u uV° j
Checks can be mailed to: TNAQ
ATTN: Victoria Klouda
PO Box 10341
Knoxville, TN 37939

LATE ENTRIES: Late entries will be accepted until Tuesday, February 29th for any qualifying times achieved after the deadline.

OFFICIALS: **MEET DIRECTOR:** Victoria Klouda meetdirector@tnaquatics.com
MEET REFEREE: Burke Arthur baval@tds.net
ADMIN OFFICIAL: Bisha Harrington bishaharrington@gmail.com
ADMIN REFEREE: Steve Kyle
MEET ENTRY CHAIR: Victoria Klouda meetdirector@tnaquatics.com

** 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 and been accepted by the Meet Referee

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

TIME TRIALS: Time trials may be held upon reasonable request at the discretion of the meet referee. Such swims will be held after the finals session each night and, time permitting, after the morning preliminaries each day. Fees for time trials shall be \$8.00 per individual event and \$16.00 per relay. Swimmers swimming prelim/finals may not exceed a total of three individual events, including time trial events and bonus events, per day. Swimmers swimming timed final events only may not exceed a total of five individual events, including time trial events and bonus events, per day.

SCRATCHES: Swimmers qualifying for finals and consolation finals must notify the Clerk of

Course within 30 minutes of the announcement of the finals 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.

SCORING:

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 Senior Individual Events: A Final Heat:	20-17-16-15-14-13-12-11
B Final Heat:	9-7-6-5-4-3-2-1
Relay Events:	40-34-32-30-28-26-24-22

AWARDS: Awards will be given for 1st – 8th place for individual events and 1st – 3rd place for relays. There will be team awards for the top 3 teams in Senior, Age Group and Combined team categories.

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.

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 any 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.

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.

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms, or on deck.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Coaches shall display, in an obvious location, their USAS membership cards to be allowed on deck at any SES sanctioned meet. Compliance shall be the responsibility of the Host Meet Director. Check-in will be at Clerk of Course.

SAFETY: Coaches, swimmers and spectators are asked to observe all posted pool rules and conduct themselves in a safe and prudent manner. Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect.

EVALUATION: Complaints or specific problems not resolved during the meet or to your satisfaction should be communicated in writing immediately to:

Phil Kraus
General Chair of Southeastern Swimming
PO Box 1102
Huntsville, AL 35807
cutiger276@yahoo.com

Allan Jones Facility Rules:

NO COOLERS ARE ALLOWED IN THE LOBBY OR POOL
AREA CONCESSIONS AND SWIM ITEMS
WILL BE AVAILABLE FOR SALE

Parking: You may purchase \$10.00 passes at the Metron, which is the site to park for this meet. Maps will be given with your pass. You may also meter park on Volunteer Ave without a pass. If you choose to not park at the designated areas you are parking at your own risk and could be subjected to being towed. Parking funds go directly to the University and prices are controlled by the University.

2016 Southern Premier

Friday, March 4th, 2016
Order of Events & Out of LSC Time Standards**

GIRLS			BOYS			
Event #	Time Standard		Event	Time Standard		Event #
	SCY	LCM		SCY	LCM	
1	N/A	N/A	Open 200 Free Relay	N/A	N/A	2
3	1:07.49	1:15.19	10&U 100 FR	1:07.69	1:15.59	4
5	59.89	1:06.89	11-12 100 FR	59.99	1:06.99	6
7	2:02.29	2:16.49	13-14 200 FR	1:54.69	2:08.09	8
9	2:00.79	2:17.19	Senior 200 FR	1:50.39	2:06.19	10
11	40.09	44.79	10&U 50 BR	40.59	45.39	12
13	36.19	40.39	11-12 50 BR	35.79	39.99	14
15	1:13.09	1:21.59	13-14 100 BR	1:09.29	1:17.39	16
17	1:13.99	1:24.59	Senior 100 BR	1:06.39	1:16.29	18
19	1:18.29	1:27.39	10 & U 100 BK	1:18.09	1:27.19	20
21	1:08.69	1:16.69	11-12 100 BK	1:09.29	1:17.39	22
23	2:17.49	2:33.49	13-14 200 BK	2:10.79	2:25.99	24
25	2:19.49	2:39.49	Senior 200 BK	2:07.29	2:26.59	26
27	2:48.19	3:07.79	10 & U 200 IM	2:47.69	3:07.19	28
29	2:27.69	2:44.89	11-12 200 IM	2:29.79	2:47.19	30
31	N/A	N/A	10&Under 200 Free Relay	N/A	N/A	32
33	4:52.39	5:26.39	13-14 400 IM	4:39.09	5:11.49	34
35	4:49.69	5:27.99	Senior 400 IM	4:24.29	5:01.29	36
37	N/A	N/A	11-12 200 Free Relay	N/A	N/A	38
39	N/A	N/A	Open 800 Free Relay*	N/A	N/A	40

* Open, Senior, 13-14 Relays Swum at Finals Only

** Southeastern LSC Championship Time Standards will be used for all Southeastern LSC swimmers

2016 Southern Premier

Saturday, March 5th, 2016
 Order of Events & **Out of LSC** Time Standards**

GIRLS			BOYS			
Event #	Time Standard		Event	Time Standard		Event #
	SCY	LCM		SCY	LCM	
41	N/A	N/A	Open 200 Medley Relay	N/A	N/A	42
43	1:21.49	1:30.99	10&U 100 Fly	1:20.79	1:30.19	44
45	1:08.49	1:16.49	11-12 100 Fly	1:08.99	1:17.09	46
47	2:22.19	2:39.69	13-14 200 Fly	2:16.09	2:31.89	48
49	2:18.09	2:33.89	Senior 200 Fly	2:04.99	2:20.59	50
51	30.69	34.29	10&U 50 FR	30.69	34.59	52
53	27.79	31.09	11-12 50 FR	27.49	30.69	54
55	26.19	29.29	13-14 50 FR	24.59	27.49	56
57	25.89	29.39	Senior 50 FR	23.09	26.59	58
59	1:18.39	N/A	10&U 100 IM	1:18.09	N/A	60
61	1:08.69	N/A	11-12 100 IM	1:09.19	N/A	62
63	2:19.49	2:35.69	13-14 200 IM	2:11.79	2:27.09	64
65	2:16.19	2:35.59	Senior 200 IM	2:03.79	2:21.59	66
67	N/A	N/A	10&U 200 Medley Relay	N/A	N/A	68
69	5:43.99	N/A	11-12 500 FR	5:45.69	N/A	70
71	5:24.99	N/A	13-14 500 FR	5:12.09	N/A	72
73	5:21.39	N/A	Senior 500 FR	4:59.59	N/A	74
75	N/A	N/A	11-12 200 Medley Relay	N/A	N/A	76
77	N/A	N/A	13-14 400 Free Relay*	N/A	N/A	78
79	N/A	N/A	Senior 400 Free Relay*	N/A	N/A	80

* Open, 13-14 Relay Events Swum at Finals Only

** **Southeastern LSC Championship Time Standards will be used for all Southeastern LSC swimmers**

Fastest Heat Swum at Finals. All other heats swum at Prelims.

2016 Southern Premier

Sunday, March 6th, 2016

Order of Events & **Out of LSC** Time Standards**

GIRLS			BOYS			
Event #	Time Standard		Event	Time Standard		Event #
	SCY	LCM		SCY	LCM	
81	18:15.49	18:57.79	13&Over 800 FR#	N/A	N/A	
	N/A	N/A	13&Over 1500 FR#	17:21.69	17:44.99	82
83	36.19	40.39	10&U 50 BK	36.39	40.69	84
85	31.79	35.49	11-12 50 BK	32.09	35.89	86
87	1:03.89	1:11.39	13-14 100 BK	1:00.49	1:07.59	88
89	1:05.09	1:14.29	Senior 100 BK	58.69	1:07.89	90
91	2:29.09	2:46.49	10&U 200 FR	2:25.59	2:42.49	92
93	2:10.19	2:25.39	11-12 200 FR	2:09.99	2:25.09	94
95	56.59	1:03.19	13-14 100 FR	53.19	59.39	96
97	56.09	1:03.59	Senior 100 FR	50.39	57.49	98
99	1:28.89	1:39.29	10&U 100 BR	1:28.99	1:39.39	100
101	1:18.29	1:27.39	11-12 100 BR	1:17.69	1:26.79	102
103	2:37.69	2:55.99	13-14 200 BR	2:29.79	2:47.19	104
105	2:40.79	3:02.49	Senior 200 BR	2:24.79	2:45.29	106
107	34.29	38.29	10&U 50 Fly	34.89	38.99	108
109	30.49	34.09	11-12 50 Fly	38.99	34.49	110
111	1:03.29	1:10.69	13-14 100 Fly	59.69	1:06.69	112
113	1:02.79	1:10.19	Senior 100 Fly	56.19	1:03.49	114
115	N/A	N/A	13-14 400 Medley Relay*	N/A	N/A	116
117	N/A	N/A	Senior 400 Medley Relay*	N/A	N/A	118

* Senior, 13-14 Relay Events Swum at Finals Only

** **Southeastern LSC Championship Time Standards will be used for all Southeastern LSC swimmers**

Fastest Heat Swum at Finals. All other heats swum at Prelims one hour after the completion of the session.

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:

.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.

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. Tennessee Aquatics, 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 **DATE**

NAME (PRINTED): _____

PHONE: _____ **EMAIL:** _____

CLUB: _____ **TITLE:** _____

TEAM INFORMATION

CLUB TEAM: _____ **INITIALS:** _____

ADDRESS: _____

LSC: _____ **HEAD COACH:** _____

CONTACT PERSON: _____ **PHONE #:** _____

FAX #: _____ **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

Make checks payable to: Tennessee Aquatics

NUMBER OF SWIMMERS: _____ X \$3.00 SES SURCHARGE = \$ _____

NUMBER OF SWIMMERS: _____ X \$5.00 OUT OF LSC SURCHARGE = \$ _____

NUMBER OF SWIMMERS: _____ X \$12.00 FACILITY SURCHARGE = \$ _____

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

NUMBER OF RELAY EVENTS: _____ X \$12.00 PER RELAY EVENT = \$ _____

TOTAL DUE: \$ _____

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: Victoria Klouda meetdirector@tnaquatics.com

Meet Referee: Burke Arthur bavol@tds.net

Disability Chair: Robin Heller robin@seastarsaquatics.org

SOUTHEASTERN SWIMMING ENTRY FORM
All times should be in SHORT COURSE YARDS
Please duplicate as needed

	EVENT NAME	EVENT#	BEST TIME	EVENT NAME	EVENT #	BEST TIME
NAME OF SWIMMER:						
USS REGISTRATION #:						
DATE OF BIRTH:						
GENDER:						
NAME OF SWIMMER:						
USS REGISTRATION #:						
DATE OF BIRTH:						
GENDER:						
NAME OF SWIMMER:						
USS REGISTRATION #:						
DATE OF BIRTH:						
GENDER:						
NAME OF SWIMMER:						
USS REGISTRATION #:						
DATE OF BIRTH:						
GENDER:						