

Speedo Champions Series
Southern Zone Eastern Sectional
Senior Championships
March 6-9, 2008

SANCTION: Held under the sanction of USA Swimming issued by Southeastern Swimming, Inc.

Sanction #: 08XCEL03-06 Time Trials Sanction #: 08XCEL03-06TT

HOST: Excel Aquatics, Inc.
www.excelaquatics.org

FACILITY: Tracy Caulkins Pool, Centennial Sportsplex, 222 25th Avenue North, Nashville, Tennessee 37203. The competition pool is 50 meters with 8 nine-foot wide lanes. Pool depth is a minimum of 7 feet. There is a separate teaching pool, with 6 lanes, 25-yards in length, which can be used for continuous warm-up and warm-down. The facility features a Colorado timing system and scoreboard. There is ample bleacher seating for 1,500 competitors and spectators.

SCHEDULE:	Thursday, March 6:	Timed Finals	5:30 p.m.
	Friday - Sunday, March 7-9:	Preliminaries	9:30 a.m.
	Friday & Saturday, March 7-8 :	Finals	6:00 p.m.
	Sunday, March 9:	Finals	5:30 p.m.

WARM-UP TIMES:	Wednesday, March 5	6:00-8:00 PM
	Thursday, March 6	7:00 - 11:00 AM & 3:30 - 5:20 PM
	Friday & Saturday, March 7 & 8	6:30 - 9:20 AM & 3:30 - 5:50 PM
	Sunday, March 9	6:30 - 9:20 AM & 3:00 - 5:20 PM

During competition all other lanes will be open for continuous warm-up and warm-down. There will be a 15-minute break prior to the relays.

ELIGIBILITY: Open to members of the Eastern Section of the Southern Zone, its clubs and swimmers registered with USA Swimming that are in good standing with the Eastern Section. All USA Swimming registered clubs in the following LSC's are eligible to join the Eastern Section: Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Southeastern and West Virginia.

Swimmers and clubs from outside these LSC boundaries are eligible to participate in the Spring Championship meet provided they meet the non-section qualifying standards and become registered club members of the Eastern Section.

There will be on-deck registration for teams wishing to join the section. Entries from swimmers from a non-member club may be accepted into the meet, but prior to competing, must pay the \$40.00 club registration fee to become an Eastern Section registered team. Please include a separate check made payable to North Carolina Swimming Region Fund with your meet entry fees.

RULES: The current USA Swimming Rules will govern the conduct of the meet unless noted otherwise herein. Athlete registration will be confirmed using the SWIMS registration database. A swimmer not previously entered wishing to late enter the meet via deck entry must present proof of USA Swimming membership.

TIME STANDARDS: All swimmers must have met the Spring Sectional time standard in either short course or long course in EACH event entered. Swimmers entering with a short course qualifying time shall ENTER WITH AND BE SEEDED WITH the long course qualifying time standard. *Times for all events must have been achieved by the due date of the entry. Times are only good from the 2006 summer sectional meet and forward. Any times achieved prior to that cannot count toward qualifying or for proofs.* (See 'Proof of Time' below.)

Swimmers from outside the LSC boundaries of the Eastern Section must have achieved the current USA Swimming U.S. Open time standard in each event entered.

PROOF OF TIME: Swimmers or relays who do not equal or better the applicable Southern Zone Eastern Sectional time standards in any event at the championship meet must be able to prove that they have previously achieved the qualifying time. Swimmers unable to provide proof-of-time will be assessed a \$25 fine for each event they cannot prove. The deadline to prove times and seek US National Reimbursement funds is May 1st. After May 1st, fines are doubled to \$50 per occurrence regardless of provability. The only acceptable proof-of-time will be official meet results or times from the SWIMS database, from a USA Swimming sanctioned or approved competition. In the event a swimmer does not pay this fine, neither the swimmer nor the swimmer's team will be eligible to enter future Southern Zone Eastern Section Championships until such time as the fine is paid. Come prepared to pay outstanding fines before your team can participate in the meet. Fines will be deposited with no further need of proofs from those previous meets. All fines collected go to the Southern Zone Eastern Section Travel Fund.

FORMAT: All individual events except the 800 and 1500 Free will be conducted on a Prelim and Finals basis. Eight swimmers each will qualify for a Championship, Consolation and Bonus heat in each event in the finals. The 1500 free is conducted as a timed final event on Sunday afternoon, except for the top 8 seeded men and women, who will swim during the finals session Sunday evening. ALL Sunday evening finals will be conducted on a positive check-in basis. Any swimmer making the Bonus, Consolation or Championship heat on Sunday, March 9, will have 30 minutes to positive check-in after the preliminary results are announced or the swimmer will be scratched from the Finals. Relays on Friday will be swum in prelims except for the fastest two heats. On Sunday, relays may opt to swim during the AM or PM session.

All relays and individual events 400 yards or longer will be deck seeded. Swimmers must check in for these events at the Clerk of Course by 8:45 AM on the day of the event. Participants in the 800 Free must check in by 4:45 PM on Thursday evening. The 800 Free will be swum with the fastest three heats of women slowest to fastest, then the fastest three heats of men slowest to fastest, then alternating women then men fastest to slowest, following the positive check-

in. The seeding for the preliminary heats of the 400 IM and the 400 Free will be swum in the following order: the four fastest women's heats then the four fastest men's heats swum slowest to fastest (the fastest three will be circle seeded), then the remainder of the heats will be swum fastest to slowest, alternating women and men. The fastest heat of the 1500 Freestyle for women and men will be swum Sunday night with the finals. The remaining heats will be swum starting 10 minutes after completing the morning session, fastest to slowest alternating women and men. In the finals, the 1500 Frees will be swum in the order on the event sheet. Swimmers entered in the 800 and 1500 Freestyles will be expected to provide a person to count laps and a person to time. Men and women will swim in separate pools for these two events. All events 200 yards or shorter will be pre-seeded. It is not necessary to check in for these events, although scratches will be appreciated

SCRATCH RULE: Any swimmer not planning to swim at night in the finals must scratch with the Admin Referee. The penalty for failure to show in a final or consolation final is disqualification from the remainder of the meet (USA Swimming Rule 206.5.9). The penalty for missing a deck-seeded event will result in being barred from the swimmer's next individual event. There is no penalty for not swimming in the non-deck seeded preliminary events.

TIME TRIALS: Time trials to meet national qualifying times may be held upon reasonable request at the discretion of the Meet Referee. Such swims must fall within the 3 events per day limit and will be held after the prelims (if time allows) and finals. Entry fees for the time trial swims will be \$10.00 per individual event and \$10.00 per relay.

ENTRY LIMIT: Swimmers may swim three (3) individual events per day, excluding relays. A swimmer may enter any number of events, but may only swim three individual events per day. Swimmers participating on relay teams only must be listed on the entry forms. Each team is limited to a maximum of two relays in each relay event.

ENTRY FEES: \$5.50 per individual event and \$10.00 per relay.
Late fees are double - \$11.00 individual event and \$20.00 per relay.
Southern Zone Eastern Section surcharge is \$15.00 per swimmer.
Southeastern Swimming surcharge is \$3.00 per swimmer.
Please make checks payable to **Excel Aquatics**

ENTRY FORMS: Preferred method of submitting entries is on Hy-Tek or compatible disk. If you do not have the Team Manager program to make a Hy-Tek entry, but would like to make an electronic entry, you can download a copy of Team Manager II Lite at no charge from the Hy-Tek website: www.hy-tek.com.

Please send printed copies of entries for verification. Entries must include each swimmer's USA Swimming number, first and last name, age, and seeding time to the 100th of a second and event number for each event entered. The enclosed team summary sheet as well as fees must be included with entry disk. Please see www.excelaquatics.org for order of events in Hy-Tek format.

Hard copies on entry forms are also permitted. Entry forms are available by request.

ENTRY DEADLINE: All entries must be received by **7:30 pm Central Time, Tuesday, February 26, 2008.**

Please mail to: Kate Chronic
Chronic.xcel@comcast.net

920 Heritage Way
Brentwood, TN 37027
615-370-3471 ext. 23

The preferred method of submitting entries is on Hy-Tek or compatible disk. Standard hard copy or e-mailed entries will also be accepted; e-mailed entries **must** be followed by hard copy. **All materials (hard copy, fees, and e-mails) must be received by the deadline. Please include summary totals in the body of your email; this helps us check for errors.**

SCORING: 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

Swimmers competing in the finals or consolation finals must **achieve the Southern Zone Eastern Sectional time standard to score team or individual points.** No team points will be scored for the bonus heat.

READY ROOM: The top eight qualifiers for finals should report to the ready room to be marched to the blocks prior to their event.

AWARDS: Plaques will be awarded to the top 6 combined teams. The top combined team will also receive a banner. Medals will be awarded to the top 8 individual finishers. Immediately following the race, the top three places will be announced and given out at a designated place. Male and female high point and runner-up swimmers will receive awards.

ELIGIBILITY AND TECHNICAL JURY: A meet committee will be formed consisting of two coaches and two swimmers selected at random, plus the Meet Referee, the Meet Director and Southern Zone Eastern Chairman or their designee.

MEET MANAGEMENT: Meet Director: Robyn Painter
Meet Referee: Stephanie Nadeau

OFFICIALS: Excel Aquatics welcomes and encourages the assistance of certified officials from visiting teams. Officials who have not applied to officiate should contact the local officials coordinator, Stephanie Nadeau, **by email** at jnadeau103@aol.com.

NATL OFFICIALS CERTIFICATION: This meet is designated by USA Swimming as a National Championship / National Certification meet. To be nationally certified you must work at least four sessions of the meet. Briefing sessions will be held 45 minutes prior to the beginning of Prelims and Finals each day.

LIABILITY RELEASE: USA Swimming, Southeastern Swimming, Metropolitan Nashville Parks & Recreation, and Excel Aquatics shall be free from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the meet.

SAFETY: The Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay is permitted. Glass containers or bottles are not permitted in the Centennial Sportsplex.

HOSPITALITY & CONCESSIONS: There will be a hospitality room for all coaches, officials and volunteers. Refreshments will be available at the Centennial Sportsplex concession stand.

The Centennial Sportsplex asks that no outside food or drink be brought into the building. No food or drink, with the exception of water bottles, may be brought into the pool area. No coolers may be brought into the building.

ATTACHMENTS: Order of Events
Entry Summary Sheet
Waiver, Acknowledgement and Liability Release
Warm-up Guidelines
Application for Membership
Hotel Information
Directions to the Centennial Sportsplex (a map may be found on the Excel Aquatics web page at www.excelaquatic.org)

INFORMATION: For more information, please contact Robyn Painter by telephone at 615/595-1437 or by email at robypainter@yahoo.com or Ronette Jones at 615/665-9756 or email rljtwo4one@yahoo.com.

COMMENTS: 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

Speedo Champions Series

Eastern Sectional Senior Championships

Order of Events

WOMEN	YARDS (METERS)	EVENT	YARDS (METERS)	MEN
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Thursday, March 6, 2008

Timed Finals: 5:30 p.m.

1	10:49.19 (9:39.19)	800 FREE	10:17.09 (9:07.89)	2
3	8:17.79 (9:23.19)	800 FREE RELAY	7:35.49 (8:36.79)	4

Friday, March 7, 2008

Prelims: 9:30 a.m.

Finals: 6:00 p.m.

5	1:58.69 (2:14.89)	200 FREE	1:48.79 (2:03.89)	6
7	1:10.39 (1:19.89)	100 BREAST	1:02.49 (1:11.89)	8
9	1:00.99 (1:08.79)	100 FLY	54.59 (1:01.59)	10
11	4:46.69 (5:21.59)	400 IM	4:20.29 (4:58.09)	12
13	3:50.29 (4:19.79)	400 FREE RELAY	3:26.29 (3:55.29)	14

8

Saturday, March 8, 2008

Prelims: 9:30 a.m.

Finals: 6:00 p.m.

15	2:14.99 (2:29.69)	200 FLY	2:01.79 (2:17.19)	16
17	25.59 (28.69)	50 FREE	22.49 (26.09)	18
19	2:32.09 (2:52.29)	200 BREAST	2:16.09 (2:36.59)	20
21	1:02.09 (1:11.49)	100 BACK	55.49 (1:04.29)	22
23	5:17.69 (4:42.59)	400/500 FREE	4:53.89 (4:23.99)	24

Sunday, March 9, 2008

Prelims: 9:30 a.m.

Finals: 5:30 p.m.

25	55:09 (1:02.49)	100 FREE	49.39 (57.19)	26
27	18:17.49 (18:28.69)	1500/1650 FREE		
29	2:13.99 (2:32.59)	200 BACK	2:00.79 (2:19.49)	28
		1500/1650 FREE	17:08.49 (17:30.19)	30
31	2:13.59 (2:32.79)	200 IM	2:01.49 (2:19.99)	32
33	4:15.79 (4:50.29)	400 MEDLEY RELAY	3:51.29 (4:23.89)	34

The 800 and 1500 freestyles are timed final events. The seeding procedures for these events are outlined in the meet information.

Relays on Friday will be swum in prelims except for the fastest two heats. On Sunday, an AM or PM option will be provided. Relays must be checked in by 11:00 AM.

NOTE: All individual events 400 yards or longer will be deck-seeded. Swimmers must check-in for these events at the Clerk of Course by 8:45 AM on the day the event is scheduled to be swum. The check-in time for the 1000 freestyle is 4:45 PM Thursday.

Qualifying times must have been achieved in sanctioned or approved meets from the 2006 Summer Sectional Meet forward. Any times achieved prior to that cannot count towards qualifying or for proof.

Southern Zone Eastern Section Championships Entry Summary Sheet

Team Name _____

Official Abbreviation _____ Coach _____

Address: _____

Email _____

	# Of Swimmers Entered	# Of Individual Events
Women		
Men		

Total individual entries: _____ x \$5.50 = \$ _____

Total relay entries: _____ x \$10.00 = \$ _____

Total swimmers: _____ x \$15.00 (surcharge) = \$ _____

Total swimmers: _____ x \$3.00 (SES surcharge) = \$ _____

TOTAL ENTRY MONEY DUE \$ _____
(Make checks payable to Excel Aquatics)

Non-Sectional Member Club Registration: \$40.00
Separate check payable to: North Carolina Swimming Region Fund

Mail entries to:
Kate Chronic
Chronic.xcel@comcast.net

920 Heritage Way
Brentwood, TN 37027
615-370-3471 ext. 23

Entries must be received by:
Tuesday, February 26, 2008

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

Undersigned coach, the team or I 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. Excel Aquatics, Metropolitan Nashville Parks & 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.

Signature of coach or club official _____

Club: _____

Date: _____

Title: _____

Please list all USA Swimming Certified Coaches who will be attending this meet:

_____	_____
_____	_____
_____	_____

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 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 that 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.

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. Backstrokers 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 backstroker waiting to start.
- F. During warm up sessions in which lanes are assigned to specific teams, the coach of the team may open the lane for sprints at his discretion.

Speedo Champions Series

Eastern Sectional Senior Championships

Application for Membership

Membership fees for the Eastern Section of the Southern Zone - ESSZ - will be the same as they were for the former Region III. This membership must be paid to participate in either the Senior Sectional meets or the Age Group Sectional meet. The fee is \$25 for those clubs that pay before December 31st and \$40 for those that pay after December 31st. Clubs that have not paid as of March 2nd will be dropped from the list. The previous structure of the old Region III will be preserved in concept under the new Sectional guidelines of USAS.

CLUB NAME: _____

Club Code: _____ LSC: _____

Head Coach: _____

Mailing address: _____

Phone number: _____

Email: _____

Please return application form and money payable to:

North Carolina Swimming - Region Account
Jonathan Watson,
6766 Chauncey Drive
Raleigh, NC 27615

Speedo Champions Series
Southern Zone Eastern Sectional
Senior Championships
March 6-9, 2008

DIRECTIONS TO CENTENNIAL SPORTSPLEX

(COPIED FROM THE SPORTSPLEX WEBSITE)

Coming from the South - Brentwood, Cool Springs, Franklin, Columbia; Huntsville, Al

1. 65 North to 440 West
2. Exit West End Ave (to the right towards downtown)
3. Left on 25th Ave North
4. Sportsplex is 2 blocks on your right adjacent to Centennial Park

Coming from North - Madison, Gallatin, Hendersonville; Bowling Green, Ky

1. 65 South to 40 West to 40 East (follow signs to Nashville)
2. Exit Charlotte Ave (turn right on to Charlotte)
3. Left on 23rd Ave North
4. Right on Patterson Street
5. Left on 25th Ave. The Sportsplex is on your immediate left.

Coming From West - Bellevue, Kingston Springs, Dixon

1. 40 East to 440 East
2. Exit Murphy Rd turn Left
3. Left on to West End Ave
4. Left on 25th Ave North
5. Sportsplex is 2 blocks on your right adjacent to Centennial Park

Coming From East - Donelson, Hermitage, Lebanon and the Nashville Airport

1. 40 West to 440 West
2. Exit West End Ave (to the right towards downtown)
3. Left on 25th Ave North
4. Sportsplex is 2 blocks on your right adjacent to Centennial Park

Coming From South East - Lavergne, Smyrna, Murfreesboro, Mont Eagle

1. 24 West to 440 West
2. Exit West End Ave (to the right towards downtown)
3. Left on 25th Ave North
4. Sportsplex is 2 blocks on your right adjacent to Centennial Park

Coming From North West - Joelton, Springfield, Clarksville

1. 24 East to 65 South
2. 40 West to 40 East (follow signs to Nashville)
3. Exit Charlotte Ave (turn right onto Charlotte)
4. Left on 23rd Ave North
5. Right on Patterson Street
6. Left on 25th Ave. The Sportsplex is on your immediate left.

Centennial Sportsplex · 222 25th Avenue North·
Nashville, TN 37203
(615) 862-8480·-fax (615) 880-2265
sportsplex@nashville.gov

**Speedo Champions Series
Southern Zone Eastern Sectional
Senior Championships
March 6-9, 2008**

HOTEL INFORMATION

Courtyard by Marriott Brentwood
Official Hotel Sponsor for Excel Aquatics
103 E. Park Drive
Brentwood, TN 37027
Contact: Blair Yarbrough
615-493-5304 blair.yarbrough@marriott.com
Group Rates starting at \$89

Brentwood Suites
622 Church St. East
Brentwood, TN 37027
1-866-277-4009

Hampton Inn & Suites
2330 Elliston Place
Nashville, TN
(615) 320-6060

Hampton Inn Vanderbilt
1919 West End Avenue
Nashville, TN
(615) 329-1144

Holiday Inn Select Vanderbilt
2613 West End Avenue
Nashville, TN
(615) 327-4707

Nashville Marriott at Vanderbilt University
2555 West End Avenue
Nashville, TN
(615) 321-1300

Embassy Suites Hotel Nashville at Vanderbilt
1811 Broadway
Nashville, TN
(615) 320-8899

