



NASHVILLE AQUATIC CLUB

SPEEDO MUSIC CITY INVITATIONAL

DECEMBER 2-4, 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: 16SENAC12-2

SANCTION NUMBER FOR TIME TRIAL: 16SENAC12-2TT

HOST CLUB: Nashville Aquatic Club

LOCATION: Tracy Caulkins Competition Pool at Centennial Sportsplex 222 25th Avenue North Nashville, TN 37203 - (615) 321-3510

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: Meet is open to all USA Swimming registered athletes. The age of the swimmer on the first day of the meet will determine the age for the entire meet. On deck USA Swimming Registrations are not permitted.

MEET SESSIONS:

FRIDAY, SATURDAY AND SUNDAY

Preliminaries:	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	40-50 minutes after start of warm-ups
Finals:	Warm-up	4:15-5:15pm
	Competition	5:30pm

NOTES: There is a possibility that warm-up and competition start times will be made earlier for the finals session on Sunday. Warm-up start/end times and duration of warm-ups may be adjusted at the discretion of the Meet Director. Start times for Non-qualifying and Finals sessions are approximate. An approximate timeline will be posted when available. **For the Non-Qualifying Session, 8 & under swimmers should report to the BullPen prior to ONLY the 8&Under events. ALL swimmers, regardless of age, in any of the 10&Under events will NOT report to the BullPen.**

AGE GROUPS:

- **Qualifying Sessions:** 10-U, 11-12, 13-14, and Senior.
- **Non-qualifying Sessions:** 10-U, 11-12, 13-O.
- Age on the first day of competition determines age group for the entire meet.

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 Non-Qualifying session events.**
- **Timed finals for 10-U in Qualifying sessions.**
- **Prelim/Finals for 11-12 through Senior age groups in Qualifying Sessions.**

QUALIFYING SESSIONS: Prelims will be swum in dual 8 lane courses. Finals will be swum 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, except for the fastest heat which will be swum in Finals.
- 13-14 and Senior 1650 Free are timed finals, swum in the Preliminary 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 1650 during the preliminary 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: Events will be pre-seeded.

Exceptions:

- **Qualifying Sessions Only:** 500 Free, 1650 Free, 400 IM and all relays will be deck seeded. Swum fastest to slowest. 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.
- Swimmers entered in the 1650 Free may indicate if they are available to swim only in the AM session by marking “AM” next to their initials at positive check in.

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 Preliminary session, and swum slowest to fastest. **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 and Senior 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.

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).

- **Qualifying Sessions** - The 2016 Speedo Music City Invitational Time Standards are the minimum qualifying times for individual events in the Qualifying Sessions. Swimmers must meet the minimum qualifying times for one or more of their individual events to be eligible to compete in the qualifying session.
- **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 Sessions** – All swimmers who do not meet the eligibility requirements for the Qualifying Sessions are eligible to swim in the Non-qualifying Sessions.

ENTRIES:

- **Qualifying Sessions** - All swimmers may enter and swim no more than three individual events per day and no more than six individual events in the entire meet. **The Qualifying Sessions will be limited to 600 swimmers.**
- **Non-Qualifying Sessions** - All swimmers may enter and swim no more than three individual events per day and no more than five individual events in the entire meet **The Non-Qualifying sessions will be limited to 250 swimmers.**
- **ALL ENTRIES ARE TO BE SUBMITTED THROUGH THE USA SWIMMING OME SYSTEM. OME will be open for entries beginning October 17th 2016, and close at 11:59pm CST on November 16th 2016. 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 swim once you check out of OME.**
- **Questions about entries should be directed to Chelsea Fourakre via email at Entry@swimnac.com.**
- 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 each club.**
- Results files will be posted on the NAC website after the conclusion of the meet.

LATE ENTRIES:

- **Late entries for NEW SWIMMERS entering the meet must be emailed to Entry Chair at entry@swimnac.com by 11:59pm CST on November 21st 2016. Please include Swimmer's USA Swimming ID, Event(s) (including #), and entry time.**
- **Updated TIMES for swimmers already entered in the meet will be accepted in OME until 11:59pm CST on November 21st 2016.**

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 cards for deck entries at the meet.

FEES:

- \$7.00 per swimmer per individual event
- \$14.00 per relay
- \$3.00 LSC Surcharge (SE Surcharge) per swimmer
- \$5.00 Out of LSC Surcharge per swimmer
- \$16.00 Facility Surcharge per swimmer

Mail Entry Checks to: **Nashville Aquatic Club**
PO Box 128318
Nashville, TN 37212

Please direct questions to:

Meet Director	Entry Chairperson
Brook Bishop	Chelsea Fourakre
MeetDirector@SwimNAC.com	Entry@SwimNAC.com

HEAD COACH: John Morse jmorse@SwimNAC.com
MEET REFEREE: Lee Patrick 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.

DISABLED SWIMMERS: Check in with the Meet Director 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 \$10.00 per individual event and \$20.00 per relay. Swimmers swimming prelim final events may not exceed a total of three individual events, including time trial events, per day. Swimmers swimming timed final events only may not exceed a total of five individual events, including time trial events, per day.

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.

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 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
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AWARDS: Awards will be given for 1st – 8th place for Qualifying Session individual events and 1st – 3rd place for relays.

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 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.
- 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.
- 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.

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:

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

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 or locker rooms.**

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 when making plans to attend a NAC swim meet.

ORDER OF EVENTS

FRIDAY December 2nd
QUALIFYING PRELIM SESSION

Open Warm-Up 6:45-7:15am
 WARM-UPS: 7:15 AM & 8:00 AM
 COMPETITION: 9:00 AM

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

@ Deck-seeded Prelims. Swimmers must sign-in with Clerk of Course for deck-seeded events 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. Based on the number of entries, these events may be flighted at the discretion of the meet director.

* 11-12, 13-14 and Senior relay heats will swim in Finals.

ORDER OF EVENTS

Friday, December 2nd
Non-Qualifying Session

WARM-UPS: Immediately following AM session
COMPETITION: One hour after start of warm-ups

Girls	Event	Boys
401	10 & Under 200 Freestyle	402
403*	11-12 500 Freestyle	404*
405*	13 & Over 500 Freestyle	406*
407	10 & Under 200 IM	408
409	11-12 200 IM	410
411*	13 & Over 400 IM	412*

* Pre-Seeded events. Please notify Clerk of Course before the conclusion of warm-ups if you plan to scratch.

ORDER OF EVENTS

SATURDAY DECEMBER 3rd
QUALIFYING PRELIM SESSION

Open Warm-Up: 6:45-7:15am
WARM-UPS: 7:15 AM & 8:00 AM
COMPETITION: 9:00 AM

GIRLS	EVENT	BOYS
41	10-U 100 FLY	42
43	11-12 100 FLY	44
45	13-14 200 FLY	46
47	SENIOR 200 FLY	48
49	10-U 50 FREE	50
51	11-12 50 FREE	52
53	13-14 50 FREE	54
55	SENIOR 50 FREE	56
57	10-U 100 IM	58
59	11-12 100 IM	60
61	13-14 200 IM	62
63	SENIOR 200 IM	64
65	10-U 200 MEDLEY RELAY	66
67 **	11-12 500 FREE	68**
69 @	13-14 500 FREE	70 @
71@	SENIOR 500 FREE	72@
73 *	11-12 200 MEDLEY RELAY	74 *
75 *	13-14 400 MEDLEY RELAY	76 *
77 *	SENIOR 400 MEDLEY RELAY	78 *

@ Deck-seeded Prelims. Swimmers must sign-in with Clerk of Course for deck-seeded events 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. Based on the number of entries, these events may be flighted at the discretion of the meet director.

* 11-12, 13-14 and Senior relay heats will swim in Finals.

** 11-12 500 Freestyle will be deck-seeded and swum as Timed Finals. Swimmers must sign-in with Clerk of Course for deck-seeded events prior to the start of the Preliminary session on the day of the event. Fastest heat of each gender will be swum at night. Remaining heats will be swum fastest to slowest during prelims.

ORDER OF EVENTS

Saturday, December 3rd
Non-Qualifying Session

WARM-UP: Immediately following AM session

COMPETITION: One hour after start of warm-ups

Girls	Event	Boys
413	11-12 100 IM	414
415	10 & Under 100 IM	416
417	13 & Over 50 Free	418
419	11-12 50 Free	420
421	10 & Under 50 Free	422
423	13 & Over 100 Back	424
425	11-12 100 Back	426
427	10 & Under 100 Back	428
429	13 & Over 100 Fly	430
431	11-12 100 Fly	432
433	10 & Under 100 Fly	434
435	13 & Over 200 Breast	436
437	11-12 50 Breast	438
439	10 & Under 50 Breast	440
441	13 & Over 200 Free	442
443	11-12 200 Free	444

ORDER OF EVENTS

**SUNDAY DECEMBER 4th
QUALIFYING PRELIM SESSION**

Open Warm-Up: 6:45-7:15am

WARM-UP: 7:15am & 8:00 am

COMPETITION: 9:00am

GIRLS	EVENT	BOYS
79 @%&	SENIOR 1650 FREE	80 @%&
79 @%&	13-14 1650 FREE	80 @%&
81	10-U 50 BACK	82
83	11-12 50 BACK	84
85	13-14 100 BACK	86
87	SENIOR 100 BACK	88
89	10-U 200 FREE	90
91	11-12 200 FREE	92
93	13-14 100 FREE	94
95	SENIOR 100 FREE	96
97	10-U 100 BREAST	98
99	11-12 100 BREAST	100
101	13-14 200 BREAST	102
103	SENIOR 200 BREAST	104
105	10-U 50 FLY	106
107	11-12 50 FLY	108
109	13-14 100 FLY	110
111	SENIOR 100 FLY	112

@ Deck-seeded Prelims. Swum fastest to slowest. Swimmers must sign-in with Clerk of Course prior to the start of the Preliminary session on the day of the event, and indicate if they are available to swim in the AM session *only* by marking "AM" next to their initials. If a swimmer is not checked in with Clerk of Course, the swimmer is legally scratched from the event.

% 13-14 and Senior events will be swum together, scored separately.

& This program shows the order of events for Finals. During Prelims, the 1650 Free (events 85 & 86) will be swum after events 111/112.

ORDER OF EVENTS

Sunday, December 4th
Non-Qualifying Session

WARM-UP: Immediately following AM session
COMPETITION: One hour after the beginning of warm-ups

Girls	Event	Boys
445	13 & Over 200 IM	446
447	10 & Under 100 Free	448
449	11-12 100 Free	450
451	13 & Over 100 Free	452
453	10 & Under 50 Back	454
455	11-12 50 Back	456
457	13 & Over 200 Back	458
459	10 & Under 50 Fly	460
461	11-12 50 Fly	462
463	13 & Over 200 Fly	464
465	10 & Under 100 Breast	466
467	11-12 100 Breast	468
469	13 & Over 100 Breast	470



2016 Speedo Music City Invite Qualifying 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		

12 & Under Qualifying Time Standards are subject to change. These will be updated upon sanction of the meet.

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