



**STARS AND STRIPES
LONG COURSE OPEN
June 1-3, 2012**



Sanctioned by USA Swimming and Southeastern Swimming, Inc.

USA Swimming Sanction #: 12SEXCEL06-01

Time Trial Sanction #: 12SEXCEL06-01TT

- HOST** Excel Aquatics
920 Heritage Way
Brentwood, TN 37027
615-370-3471, ext. 23
- LOCATION** Williamson County Indoor Sports Complex
920 Heritage Way
Brentwood, TN 37027
- FACILITY** POOL - One Indoor 8-lane, 50-meter competition pool. Non-turbulent lane lines. 7 foot minimum, 10-foot maximum pool depth. Paddock racing blocks for all events. Warm-ups lanes available at all times. Spectator seating for approximately 750 people. No outside food or coolers are allowed inside the pool area.
The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms
- TIMING** Fully automatic DakTronics electronic timing system and two scoreboards with lane/time/place display. Button and manual watch backup.
- MEET DIRECTOR(S)** 12 & Under Buffy Hollis buggy4u@msn.com
13 & Over Lori Biller tlbiller@comcast.net
- MEET REFEREE** Jeff Osteen
Jeff.osteen@comcast.net
615-426-7009
- Visiting officials are welcome and encouraged to participate. All officials must wear current USA Swimming membership credentials while on deck and must present current Officials certification card to the Meet Referee at check-in. Please contact Tara Todd at tara.todd@vanderbilt.edu with level of certification and sessions desired. Southeastern Swimming, Inc. Officials dress code is white polo shirt, khaki pants/shorts/skirt, and white shoes and is to be worn for all sessions. Officials briefings take place 45 minutes prior to the start of each session in the hospitality room.
- ENTRY CHAIRPERSON** Kate Chronic
c/o Excel Aquatics
920 Heritage Way
Brentwood, TN 37027
847-830-7946
chronicks@aol.com
- FORMAT** Timed finals with positive check-in for all events 400 meters or longer. Check-in sheets will be posted prior to the start of warm-ups, and will be removed 30 minutes prior to the start of the session. If you are not checked-in, you will be scratched from the event. Only the swimmer or his/her coach may sign in for deck-seeded events. Heat sheets with lane assignments for all events 400 or longer will be posted in the pool area as soon as all scratches have been completed.



STARS AND STRIPES LONG COURSE OPEN



Sessions	Warm-up Start	Deck Entry & Check-In Closes	Meet Start
Friday PM	2:00pm	2:30pm	3:15pm
Saturday & Sunday AM (13-14, Senior)	7:00am	7:30am	8:00am
Saturday & Sunday PM (12 & Under)	12:00noon*	12:30pm*	1:00pm*

*denotes approximate time (warm-ups will not start prior to the posted time)

Teams assignments will be posted on the host web site the Monday prior to the start of the meet. Please see warm-up guidelines on the last page of this packet.

ELIGIBILITY

Swimmer's age as of June 1, 2012 will determine his or her age for the entire meet. Only USA Swimming registered athletes are eligible. All swimmers must be registered prior to competing. Entries listed as "registration applied for" will not be accepted.

ENTRIES

Swimmers may enter up to four (4) individual events per day. Entry times should be in Long Course Meters (LCM). The meet will be limited to 350 athletes per session. The required method of entry is email. Teams must submit their entry in a zipped file via email. A PDF report including full name, USA number, event numbers, and entry times of all swimmers must be included with the entry. This report will serve as the official entry form. Individual entries and a signed release with fee summary must be mailed within 72 hours of the meet entry deadline. 13-14 and Senior events will be swum together and scored separately. In the event that there are not enough entries to justify a two-session meet, Excel reserves the right to create a one session meet on both Saturday and Sunday. Each team will be notified if there is a change in the order of events.

EMAIL ENTRIES

The following guidelines must be followed for email entries:

1. Official entry forms and all entry fees and swimmer surcharges are due within 72 hours or receipt of entry.
2. Email entries must be zipped so that it arrives to the entry chair intact.
3. The club's entire entry must be sent in one email. Please do not flood the entry chair with several emails which compose one single team entry.

ENTRY FEES

\$4.50 per individual event (\$6.00 per late/deck entry)

\$10.00 per relay event (\$12.00 per late/deck entry)

\$3.00 SES surcharge per swimmer (if team is within Southeastern Swimming LSC)

\$5.00 Non-SES surcharge per swimmer (if team is outside Southeastern Swimming LSC)

\$5.00 facility surcharge per swimmer

Make checks payable to Excel Aquatics.

NOTE: Late/deck entries will be accepted until one half hour before the start of the session on Friday, Saturday, and Sunday, based on lane availability. No new heats will be formed. All entry fees are non-refundable.

ENTRY DEADLINE

All entries must be sent to the Entry Chair. Entries will not be accepted prior to Friday, April 27, 2012, at 8:00am CST and will not be accepted after 11:59pm CST Thursday, May 18, 2012.



**EXCEL AQUATICS
STARS AND STRIPES
LONG COURSE OPEN SWIM MEET**



**USA SWIMMING
MEMBERSHIP,
RULES & SAFETY**

All current USA Swimming and Southeastern Swimming rules will govern this meet. USA Swimming Rules 202.3.2 – At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of an USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

Insurance regulations require that all swimmers, coaches, judges, starters, and referees be a current member of USA Swimming, Inc. It is each club's responsibility to register their swimmers, coaches and officials. Swimmers, coaches, and officials who are not current members of USA Swimming, Inc. may not participate in the meet nor be on the pool deck. Coaches **MUST** constantly display their current USA Swimming coach credentials to gain deck access. The Meet Referee reserves the right to ask for coach credential display and/or deny deck access if the coach does not comply or card is no longer valid/current.

Swimmer(s) must be registered with USA Swimming to be accepted into this meet. Age as of June 1, 2012 shall determine the swimmer's age for the entire meet.

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

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.

**SWIMMERS WITH
DISABILITIES**

In accordance with USA Swimming Rules, Articles 105 and 202.1.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee with specific requests.

AWARDS / SCORING

No scoring for individual or relay events.

Ribbons will be awarded for 1st-8th place in all individual and relay events.

CLERK of COURSE

The host club reserves the right to assign 10 & Under events to the Clerk of the Course.

TIME TRIALS

Time Trials will be held at the conclusion of any session at the coach's request. Time Trials are intended only for swimmers attempting to qualify for National Championships, Sectional Meets, or LSC Championships. Athletes whose entry times do not closely approach these time standards may be denied entry into time trials. Athletes may enter as many time trial events as desired as long as they do not exceed the 3 events per day limit. Fees: \$6.00 per individual event; \$12.00 per relay. Sign-up deadlines will be announced during the meet.

SEEDING

All pre-seeded events will be swum slowest to fastest. Be sure all entry times are in Long Course Meters (LCM) to ensure that swimmers are properly seeded. 13-14 and Senior events will be swum together and scored separately. All positive check-in events 400 meters and longer will be swum fastest to slowest, alternating women and men.

STARTS

At the Meet Referee's discretion, fly-over starts may be implemented in order to ensure each session is completed in a timely manner.



**EXCEL AQUATICS
STARS AND STRIPES
LONG COURSE OPEN SWIM MEET**



LIMITATIONS

The host club reserves the right to limit events, heats or distance in order to ensure completion of the session with the 4-hour time rule guideline. Any entries which are cut by the host club will be refunded.

CONCESSIONS

Food and beverage will be available. No smoking is allowed anywhere on the site.

ADMISSION

Free

HEAT SHEETS

Psych sheets will be available online at www.excelaquatics.org on Monday prior to the meet.

PARKING

There are two parking lots available for the meet. Participants may park in either the main parking lot or the overflow lot. Please enter the pool through the main entrance to the Indoor Sports Complex. Pool fire exit doors will not be used for entrance.

MEET EVALUATIONS Please send any comments, suggestions, or evaluations concerning the meet to:

Matt Webber, General Chairman, SES
P. O. Box 1102
Huntsville, AL 35807-0102
256-885-0226
cutiger276@yahoo.com



**EXCEL AQUATICS
STARS AND STRIPES
LONG COURSE OPEN SWIM MEET**



ORDER OF EVENTS

Friday Afternoon Session - All Swimmers
Warm-ups at 2:00 P.M. & Competition at 3:15 P.M.

<u>WOMEN</u>			<u>MEN</u>
1	Senior	400 IM	2
3	11 - 12	400 Free *	4
5	Senior	*800Free **	6

* This event may be limited to the fastest 32 girls and the fastest 32 boys

** This event may be limited to the 32 fastest girls and the 32 fastest boys. We will take the top 16 13-14 girls, the top 16 13-14 boys, the top 16 senior girls and the top 16 senior boys after positive check-in.



EXCEL AQUATICS STARS & STRIPES LONG COURSE OPEN



ORDER OF EVENTS

Saturday AM Session – 13-14 & Senior
Warm-ups at 7:00 A.M. & Competition at 8:00 A.M.

WOMEN				MEN
7	13 – 14	200 IM		8
9	Senior	200 IM		10
11	13 –14	100 Back		12
13	Senior	100 Back		14
15	13 – 14	200 Breast		16
17	Senior	200 Breast		18
19	13 – 14	100 Free		20
21	Senior	100 Free		22
23	13-14	200 Butterfly		24
25	Senior	200 Butterfly		26
		10 minute break		
27	Senior	400 Free**		28

** This event may be limited to the fastest 40 girls and fastest 40 boys. We will take the top 20 13-14 girls, the top 20 13-14 boys, the top 20 senior girls and the top 20 senior boys after positive check-in.

PM Session - 12 & Under
Warm-ups at conclusion of Morning Session but not before 12:00 PM
Competition not before 1:00 PM

WOMEN				MEN
29	11 -12	200 Free Relay		30
31	10&U	200 Free Relay *		32
33	11 - 12	50 Butterfly		34
35	10 & U	50 Butterfly		36
37	8 &U	50 Butterfly		38
39	11 – 12	100 Free		40
41	10 & U	100 Free		42
43	8 & U	100 Free		44
45	11 – 12	100 Breast		46
47	10 & U	100 Breast		48
49	11 - 12	50 Back		50
51	10 & U	50 Back		52
53	8 & U	50 Back		54
55	10 & Under	200 IM		56
57	11-12	200 IM		58

*The 10 & Under relays will be scored 8 & Under, and 9-10.



EXCEL AQUATICS STARS & STRIPES LONG COURSE OPEN



ORDER OF EVENTS

Sunday AM Session – 13-14, Senior Swimmers
Warm-ups at 7:00 A.M. & Competition at 8:00 A.M.

WOMEN			MEN
59	13 – 14	200 Back	60
61	Senior	200 Back	62
63	13 – 14	100 Breast	64
65	Senior	100 Breast	66
67	13 – 14	200 Free	68
69	Senior	200 free	70
71	13 – 14	100 Fly	72
73	Senior	100 Fly	74
75	13 - 14	50 Free	76
77	Senior	50 Free	78
		10 minute break	
79	Senior	1500 Free**	80

** This event may be limited to the 32 fastest girls and the 32 fastest boys. We will take the top 16 13-14 girls, the top 16 13-14 boys, the top 16 senior girls and the top 16 senior boys after positive check-in.

PM - 12 & Under
Warm-ups at the conclusion of the Morning Session but not before 12:00 pm
Competition not before 1:00 pm

GIRLS EVENTS		BOYS EVENTS	
81	11 – 12	200 Medley Relay	82
83	10 & U	200 Medley Relay*	84
85	11 – 12	100 Back	86
87	10 & U	100 Back	88
89	11 – 12	50 Free	90
91	10 & U	50 Free	92
93	8 & U	50 Free	94
95	11 – 12	50 Breast	96
97	10 & U	50 Breast	98
99	8 & U	50 Breast	100
101	11 – 12	100 Fly	102
103	10 & U	100 Fly	104
105	11 – 12	200 Free	106
107	10 & U	200 Free	108

*The 10 & Under relays will be scored 8 & Under, and 9-10.



SOUTHEASTERN SWIMMING, INC.
INFORMATION FORM FOR SWIMMERS WITH A DISABILITY
This non mandatory form is for accommodation purposes.

Name _____

Address _____

Team _____ USA Registration # _____

Age and DOB: _____ 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 Email: mbeach2000@bellsouth.net

Meet Referee Email: jeff.osteen@comcast.net

Disability Chair Email: walleybob@hotmail.com

Walter Smalley 901-486-1782



**EXCEL AQUATICS
STARS AND STRIPES
LONG COURSE OPEN SWIM 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 and in compliance with required certifications. 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, Williams County Parks and Recreation, City of Brentwood, Southeastern Swimming, Inc. and USA Swimming, Inc., 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 further acknowledge my understanding of the following USA Swimming rule regarding registration:

501.7

.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.

302.4

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:	
CLUB:	
TITLE:	DATE:

TEAM INFORMATION

CLUB NAME:		INITIALS:	
ADDRESS:			
LSC:		HEAD COACH:	
CONTACT PERSON:			PHONE NUMBER:
FAX NUMBER:		CELL PHONE:	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

NUMBER OF SWIMMERS (Non -SES)		X \$5.00 NON-SES SURCHARGE =	
NUMBER OF SWIMMERS (SES)		X \$3.00 SES SURCHARGE =	
NUMBER OF SWIMMERS		X \$5.00 FACILITY FEE =	
NUMBER OF IND. EVENTS		X \$4.50 PER EVENT ENTRY FEE =	
NUMBER OF RELAYS		X \$10.00 PER RELAY ENTRY FEE =	
TOTAL DUE:			



EXCEL AQUATICS MEET WARM-UP GUIDELINES FOR GENERAL WARM-UP



GENERAL WARM UP FIRST 30 SCHEDULED MINUTES:

- No diving allowed from blocks or edge of pool
- Swimmers must enter the pool feet first in a cautious manner
- No sprinting or pace work allowed during this general warm up
- All lanes will be used for general warm up

SPECIFIC WARM UP LAST 15 SCHEDULED MINUTES:

- PUSH / PACE LANES:
 - Push off one or two lengths from the starting end
 - Circle swim only
 - NO DIVING
- DIVING LANES
 - Sprint lanes for diving from the blocks or for backstroke starts in specified lanes at designated times. ONE WAY SWIMMING ONLY.
- GENERAL WARM UP LANES
 - CIRCLE SWIM ONLY
 - NO DIVING
- AT THE CONCLUSION OF THE 15-MINUTE SPECIFIC WARM UP PERIOD, ALL SWIMMERS **MUST** CLEAR THE POOL.
- THE FIRST EVENT WILL START NO SOONER THAN 15 MINUTES FROM THE CONCLUSION OF THE SPECIFIC WARM UP.
- LANE USE:
 - Lanes 1 and 8 Push / Pace
 - Lanes 2,3,6,7 Diving / Sprint
 - Lanes 4 and 5 General Warm Up

Coaches Responsibilities

- Coaches shall instruct their swimmers regarding safety guidelines and warm up procedures as they apply to conduct at meets and practices.
- Coaches shall be on the deck during the warm ups and shall actively supervise their swimmers through out the entire warm up sessions at meets and at all practices.
- Any coaches' meetings at meets will be conducted at times other than the 30 minute general warm up and the 15 minute specific warm up.

Host Team Responsibilities

- MARSHALING
 - A minimum of four marshals, who report to and receive instructions from the Meet Referee, and or the Meet Director, shall be on deck during the entire warm up session.
 - One Marshall, who is an ISI Official, shall act as Safety Coordinator.
 - Marshals shall be current members of United States Swimming.
 - Marshals shall remove from the pool deck for the remainder of the warm up session any swimmer or coach who is in violation of safety requirements or warm up procedures.
 - Flagrant violations of safety requirements of warm up procedures by a swimmer could result in the swimmer being barred from their next individual event.
- THE HOST TEAM SHALL PROVIDE SIGNS FOR EACH LANE AT BOTH ENDS OF THE POOL, WHICH INDICATE THE DESIGNATED USE DURING WARM UP.
- WARM UP TIMES AND LANE ASSIGNMENTS SHALL BE PUBLISHED IN THE MEET INFORMATION AND POSTED AT SEVERAL LOCATIONS AROUND THE POOL AREA.
- AN ANNOUNCER SHALL BE ON DUTY FOR THE ENTIRE WARM UP SESSION TO ANNOUNCE LANE AND TIME CHANGES AND TO ASSIST WITH THE CONDUCT OF THE WARM UP.
- HAZARDS IN THE LOCKER ROOM, ON THE POOL DECK AREA, OR IN AREAS USED BY COACHES, SWIMMER, SPECTATORS, OR OFFICIALS SHALL BE REMOVED OR CLEARLY MARKED.

Miscellaneous

- BACKSTROKERS SHALL ENSURE 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.
- SWIMMERS SHALL NOT JUMP OR DIVE INTO THE POOL TO STOP ANOTHER SWIMMER ON A RECALLED START.
- SWIMMERS ARE REQUIRED TO EXIT THE POOL UPON THE COMPLETION OF THEIR WARM UP TO ALLOW OTHER SWIMMERS ADEQUATE WARM UP TIME.
- THE POOL IS NOT FOR VISITING OR PLAYING DURING THE WARM UP.
- WARM UP PROCEDURES SHALL BE ENFORCED FOR ANY BREAKS SCHEDULED DURING THE COMPETITION.