



**Nashville Aquatic Club**  
**Speedo Summer Sizzler Invitational**  
**June 16 – June 18, 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: 16SENAC6-16**

**SANCTION NUMBER FOR TIME TRIAL: 16SENAC6-16TT**

**HOSTED BY: Nashville Aquatic Club**

Centennial Sportsplex  
222 25<sup>th</sup> Ave. N.  
Nashville, Tennessee 37203

**FACILITY:** Centennial Sportsplex offers an 8-Lane, 50-meter competition pool with a 6-lane 25-yard warm-up/warm-down pool, with a 7 foot minimum depth, non-turbulent lane lines, a fully automatic electronic timing system, and a scoreboard with lane/time/place display. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**RULES:** 2016 USA Swimming rules will govern the conduct of the meet unless otherwise noted.

**OFFICIALS:**

Meet Director Sportsplex – Brook Bishop- meetdirector@swimnac.com  
Meet Referee Sportsplex – Lee Patrick – meetref@swimnac.com  
Admin Official Sportsplex – Kristy Oldham – adminofficial@swimnac.com

NAC welcomes and encourages visiting certified officials to participate. Anyone in the process of achieving certification through on-deck training is also welcome. Please contact the NAC Meet Referee at [meetref@swimnac.com](mailto:meetref@swimnac.com).

**ELIGIBILITY:** All participants must be USA Swimming registered athletes or the swimmer's own National equivalent. Entries will not be accepted without 2016 registration numbers. Coaches and officials must present evidence of certification as required by Southeastern Swimming. A swimmer's age on the first day of the meet will determine his or her age for the entire meet. On deck registration will not be available.

**WARM-UP:** Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet. The Meet Director will post and announce warm-up assignments prior to the start of the meet warm-up. 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.

## **SESSION TIMES:**

<b>THURSDAY</b>	<b>WARM-UP</b>	<b>COMPETITION</b>
11&OVER PRELIMS	6:45 AM	8:30 AM
10&UNDER MIDDAY SESSION	<i>Immediately after prelims</i>	<i>45 min. after warm-ups begin</i>
11&OVER FINALS	4:00 PM	5:30 PM

  

<b>FRIDAY</b>	<b>WARM-UP</b>	<b>COMPETITION</b>
11&OVER PRELIMS	6:45 AM	8:30 AM
10&UNDER MIDDAY SESSION	<i>Immediately after prelims</i>	<i>45 min. after warm-ups begin</i>
11&OVER FINALS	4:00 PM	5:30 PM

  

<b>SATURDAY</b>	<b>WARM-UP</b>	<b>COMPETITION</b>
11&OVER PRELIMS	6:45 AM	8:30 AM
11&OVER FINALS	4:00 PM	5:30 PM

**ENTRIES:** Teams who have HYTEK's Meet/Team Manager should submit their entries via e-mail. Entries must be completely filled out including the swimmer's best times for meters. Results Files will be available at the end of the meet and on our website at [www.swimnac.com](http://www.swimnac.com).

**Teams are to submit entries to Chelsea Fourakre via email at [entry@swimnac.com](mailto:entry@swimnac.com). 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 strongly encouraged.**

**TIME TRIALS:** Time trials may be held upon reasonable request at the discretion of the meet referee and must be requested by a USA Swimming Coach. **Swimmers must provide their own timer for each event. Time Trials will be held after the finals session each night, time permitting, and after the morning preliminaries on Saturday ONLY.** 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.

**HEAT SHEETS:** Only Electronic Heat Sheets will be available. These will be able to be accessed on the NAC website in a printable format.

**DISABILITIES:** Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with the entries.

**DEADLINE:** **We will begin taking entries on May 16th. We will continue to receive entries until 6:00 p.m., Monday, May 30, 2016, or until the meet is full.** You will be notified as soon as possible if the meet fills and your entries are not accepted. Entered teams will be able to update their entries until this date and time, as well.

**FEES:** \$3.00 per REGISTERED SOUTHEASTERN LSC swimmer surcharge  
\$5.00 per OUT OF SOUTHEASTERN LSC swimmer surcharge  
\$12.00 per swimmer Facility Surcharge  
\$7.00 per individual event / \$14.00 per relay

**CHECKS PAYABLE TO:** **Nashville Aquatic Club (NAC)**  
**All entry fees are non-refundable**

**MAIL CHECKS & SIGNED WAIVER TO: NASHVILLE AQUATIC CLUB  
PO BOX 128318  
NASHVILLE, TN 37212**

**LIMITS:** 13&Over Swimmers are limited to **two individual events per day and exclusive of the 50-meter events and relays. However, swimmers are still limited to 3 total individual events per day including Time Trial events.** 11-12 swimmers are limited to 3 individual events per day exclusive of relays and 7 events total for the meet. 10&U swimmers are limited to 3 individual events per day exclusive of relays and 7 events total for the meet. ***The host team reserves the right to limit the number of heats in any event in order to run the meet in the allotted time.***

**MEET FORMAT:** This will be a Prelim/Final Meet for swimmers ages 11&Older. All 11-12 & 13-14 events will swim one heat (Top 8 from prelims) at finals, with the exception of the 12&Under 400 Freestyle, which is a timed finals event. The Top 8 swimmers in the 12&Under 400 Freestyle will swim at the Finals session. Open events will swim three final heats (Top 20) for each event 400 meters distance and less in the following format: A Super Final (Top 4 swimmers from prelims with open lanes between competitors), B Final (Swimmers 5-12 from prelims) C Bonus Final (Swimmers 13-20 from prelims).

**OPEN EVENTS:** The Open Women's 800 Freestyle and Open Men's 1500 Freestyle will be contested as Timed Finals events with the fastest heat (Top 8 seeds) of each event swimming with finals. **Please note that 13-14 athletes have a separate cut time for this event.** Athletes of any other age must meet the open standard. Morning heats of the women's 800 Freestyle and men's 1500 Freestyle will be swum fastest to slowest, alternating women/men. **At Positive Check-In, swimmers will indicate their preference to swim either in the prelim session or at finals by marking "AM" or "PM" next to their name.** The meet director or referee reserves the right to swim two swimmers per lane in these events, if needed. All Open events have time standards with the exception of the 50-meter events.

**13&OVER EVENTS:** All 13&Over individual events, with the exception of the 400 Freestyle, 400 IM, women's 800 Freestyle, and men's 1500 Freestyle, will be pre-seeded. Swimmers must sign-in with the Clerk of Course for all deck-seeded events. The positive check-in deadline will be 8:30AM on each day for these events. All 13-14 individual events have time standards with the exception of the 50-meter events.

**12&UNDER EVENTS:** All 11-12 events will be pre-seeded, with the exception of the 12&Under 400 meter Freestyle; swimmers in this event must positively check-in at the clerk of course by 8:30AM on the day of the event. The 11-12 200 FR, 200 IM and 400 FR events have time standards.

**10&UNDER EVENTS:** The 10&Under session will be a Timed Finals meet. The 10&Under 200 IM & 200 FR events have time standards. There may be a limited number of heats for these events in order to run the meet in the allotted time.

**RELAY EVENTS:** All Relays will be swum as Timed Finals. **Teams will be limited to 2 relay entries per event.** All 13&Over relays must positively check in by 8:30AM on the day they are swum. After positive check-in for relays, the Top 8 seeded relays in the 13-14 and the Open events will swim during Finals. All remaining 13-14 and Open relays will be swum during preliminaries between the "A" Flight and "B" Flight of the 400 IM (Thursday) and 400 Freestyle (Friday). All 11-12 Relays will be swum during preliminaries.

**13&OVER FLIGHTED PRELIMS:** 13-14 and Open 400 IM and 400 Free will have two flights (“A” and “B”) of preliminary competition.

- **“A” FLIGHT:** After positive check-in, the fastest 24 entries in each 13-14 event (women & men) and the fastest 32 entries in each Open event (women & men) will swim an “A” Flight of preliminaries in normal event order. The top 3 heats of each “A” Flight event will be circle seated. The next fastest heat of each Open event (women & men) will be swum in the “A” Flight.
  - **“B” FLIGHT:** All remaining entries will be swum in a “B” Flight. The “B” Flight will be swum fastest to slowest in normal event order (13-14 Girls, 13-14 Boys, Open Women, then Open Men). The “B” Flight will follow morning relays. **All swimmers in the “B” Flight should be prepared to provide a timer for their lane, if needed.**
- **MEET TIMELINE & BREAKS:** 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.

**SCORING:** 20-17-16-15-14-13-12-11 (1<sup>st</sup>-8<sup>th</sup> place in all individual events)  
9-7-6-5-4-3-2-1 (9<sup>th</sup>-16<sup>th</sup> place in all Open events)  
40-34-32-30-28-26-24-22 (1<sup>st</sup>-8<sup>th</sup> place in all relay events)

**AWARDS:** *Ribbons will be awarded to 12 & under swimmers only.*  
Individual Events 1<sup>st</sup>-8<sup>th</sup> Place awarded  
Relay Events 1<sup>st</sup>-3<sup>rd</sup> Place awarded

**MEETINGS:** If a coaches’ meeting is deemed necessary, the Meet Director will provide information regarding time and location at coaches’ check-in. Coaches must be prepared to show verification at time of check-in. Timers will meet 30 minutes prior to each session. Officials will meet 35 minutes prior to the start of prelims each day and 35 minutes prior to Finals sessions.

**SPECIAL NOTES:**

- In accordance with Southeastern Swimming Guidelines, overhead starts, whistle starts, and the "no recall rule" will apply.
- The host team reserves the right to limit the number of heats in any event and/or run the meet using “chase starts” in order to run the meet in the allotted time. Chase start procedures will be communicated to coaches prior to the start of competition.
- The Meet Director reserves the right to combine heats and/or events in order to facilitate the conduct of the meet and to run the meet within the time allocated.
- 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.
- Changing into or out of swimsuits other than in locker rooms is prohibited.
- Psych sheet and a preliminary timeline will be posted on NAC’s web page as soon as they are available. Please note that the timeline is approximate, and actual times will be determined by meet progress.
- 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.

**MEET EVALUATIONS:**

Please send any comments, suggestions or evaluations concerning the meet to: Southeastern Swimming General Chairman:

Phillip A. Krauss – PO Box 30318, Pensacola, FL 32504 – [ses.general.chair@gmail.com](mailto:ses.general.chair@gmail.com)

**TEAM SPONSORS:** Listed on the NAC website are the Team Sponsors, including area hotels and restaurants that support the team. Please refer to this list of establishments when making hotel and dinner reservations.

**RECOMMENDED HOTELS:**

**Holiday Inn Vanderbilt**

2613 West End Avenue  
Nashville, TN 37203

[www.holidayinn.com/bna-vanderbilt](http://www.holidayinn.com/bna-vanderbilt)

***For team reservations or other needs:***

Larry Stephenson - 615-321-8250

[Larry.stephenson@ihg.com](mailto:Larry.stephenson@ihg.com)

**RECOMMENDED RESTAURANTS:**

**Taziki's Mediterranean Café**

3001 West End Ave  
Nashville, TN 37203  
(615) 724-2276

For Catering Services contact:

Jamie Phillips

[jphillips@tazikiscafe.com](mailto:jphillips@tazikiscafe.com)

(615) 651-4583

[www.tazikiscafe.com](http://www.tazikiscafe.com)

**Amerigo Italian Restaurant**

1920 West End Ave  
Nashville, TN 37203  
(615) 320-1740

For Catering Services contact:

Lauren Parkhurst

[Lauren.parkhurst@amerigo.net](mailto:Lauren.parkhurst@amerigo.net)

(615) 298-2986

[www.amerigo.net](http://www.amerigo.net)

**THURSDAY, JUNE 16<sup>TH</sup> 2016**

**THURSDAY 11&OVER PRELIMS SESSION**

Girls	Standard	Event	Standard	Boys
101	2:22.49	13-14 200 FR	2:21.09	102
103	2:16.99	Open 200 FR	2:07.89	104
105		11-12 50 FLY		106
107		13-14 50 BK		108
109		Open 50 BK		110
111		11-12 50 BR		112
113	1:38.99	13-14 100 BR	1:38.99	114
115	1:34.99	Open 100 BR	1:32.99	116
117		11-12 100 BK		118
119	1:26.99	13-14 100 FLY	1:26.99	120
121	1:20.99	Open 100 FLY	1:13.99	122
123	2:42.09	11-12 200 FR	2:48.69	124
125	5:53.79	13-14 400IM (A Flight)*	5:38.09	126
127	5:48.79	Open 400IM (A Flight)*	5:21.99	128
129		11-12 200 FR-R		130
131		13-14 400FR-R*		132
133		Open 400FR-R*		134
		400IM (B Flight)*		

**THURSDAY 10&UNDER TIMED-FINALS SESSION**

Girls	Standard	Event	Standard	Boys
201		10&U 200 FR-R		202
203	3:08.59	10&U 200 FR	3:11.99	204
205		10&U 50 FLY		206
207		10&U 50 FR		208
209		10&U 100 BR		210
211		10&U 100 BK		212

**THURSDAY 11& OVER FINALS SESSION**

Girls	Event	Boys
101	13-14 200 FR	102
103	Open 200 FR	104
105	11-12 50 FLY	106
107	13-14 50 BK	108
109	Open 50 BK	110
111	11-12 50 BR	112
113	13-14 100 BR	114
115	Open 100 BR	116
117	11-12 100 BK	118
119	13-14 100 FLY	120
121	Open 100 FLY	122
123	11-12 200 FR	124
125	13-14 400 IM	126
127	Open 400 IM	128
131	13-14 400 FR-R (Top 8 Seeds)	132
133	Open 400 FR-R (Top 8 Seeds)	134

*\* Positive Check-In Deadline is at 8:30am at the Clerk of Course Admin table.*

**FRIDAY, JUNE 17<sup>TH</sup> 2016**

**FRIDAY 11&OVER PRELIMS SESSION**

Girls	Standard	Event	Standard	Boys
135	1:25.49	13-14 100 BK	1:25.49	136
137	1:23.99	Open 100 BK	1:16.99	138
139		11-12 100 FLY		140
141	2:49.49	13-14 200 FLY	2:39.89	142
143	2:44.19	Open 200 FLY	2:31.19	144
145		11-12 50 FR		146
147		13-14 50 FR		148
149		Open 50 FR		150
151		11-12 100 BR		152
153	3:10.99	13-14 200 BR	3:02.39	154
155	3:08.49	Open 200 BR	2:53.29	156
157	5:31.69	12&Under 400 FR*	5:42.69	158
159	5:00.99	13-14 400 FR (A Flight)*	4:56.99	160
161	4:51.19	Open 400 FR (A Flight)*	4:35.99	162
163		11-12 200 MED-R		164
165		13-14 400 MED-R*		166
167		Open 400 MED-R*		168
		400FR (B Flight)*		

**FRIDAY 10&UNDER TIMED-FINALS SESSION**

Girls	Standard	Event	Standard	Boys
213		10&U 200 MED-R		214
215	3:27.69	10&U 200 IM	3:42.79	216
217		10&U 50 BK		218
219		10&U 50 BR		220
221		10&U 100 FLY		222
223		10&U 100 FR		224

**FRIDAY 11& OVER FINALS SESSION**

Girls	Event	Boys
135	13-14 100 BK	136
137	Open 100 BK	138
139	11-12 100 FLY	140
141	13-14 200 FLY	142
143	Open 200 FLY	144
145	11-12 50 FR	146
147	13-14 50 FR	148
149	Open 50 FR	150
151	11-12 100 BR	152
153	13-14 200 BR	154
155	Open 200 BR	156
159	13-14 400 FR	160
161	Open 400 FR	162
165	13-14 400 MED-R (Top 8 Seeds)	166
167	Open 400 MED-R (Top 8 Seeds)	168

*\* Positive Check-In Deadline is at 8:30am at the Clerk of Course Admin table.*

**SATURDAY, JUNE 18<sup>TH</sup> 2016**

**SATURDAY 11&OVER PRELIMS SESSION**

Girls	Standard	Event	Standard	Boys
169		Open 50 FLY		170
171		13-14 50 FLY		172
173	3:05.99	11-12 200 IM	3:11.09	174
175	2:40.99	Open 200 IM	2:28.19	176
177	2:41.99	13-14 200 IM	2:39.99	178
179		11-12 100 FR		180
181	2:42.99	Open 200 BK	2:30.49	182
183	2:44.99	13-14 200 BK	2:41.59	184
185		11-12 50 BK		186
187		Open 50 BR		188
189		13-14 50 BR		190
191	1:11.99	Open 100 FR	1:08.99	192
193	1:17.99	13-14 100 FR	1:17.99	194
195	10:07.79 (13-14) 10:01.99 (Open)	Open 800FR*		
		Open 1500FR*	18:59.99 (13-14) 18:47.99 (Open)	196

**SATURDAY 11&OVER FINALS SESSION**

Girls	Event	Boys
195	Open 800FR (Top 8 Seeds)	
	Open 1500FR (Top 8 Seeds)	196
169	Open 50 FLY	170
171	13-14 50 FLY	172
173	11-12 200 IM	174
175	Open 200IM	176
177	13-14 200IM	178
179	11-12 100 FR	180
181	Open 200 BK	182
183	13-14 200 BK	184
185	11-12 50 BK	186
187	Open 50 BR	188
189	13-14 50 BR	190
191	Open 100 FR	192
193	13-14 100 FR	194

*\* Positive Check-In Deadline is at 8:30am at the Clerk of Course Admin table.*



**Nashville Aquatic Club Nike Summer Sizzler Invitational  
June 16 – June 18, 2016**

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 Email: Brook Bishop [meetdirector@swimnac.com](mailto:meetdirector@swimnac.com)

Meet Referee Email: Lee Patrick [meetref@swimnac.com](mailto:meetref@swimnac.com)

Disability Chair Email: Robin Heller [robin@seastarsaquatics.org](mailto:robin@seastarsaquatics.org)

**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:** \_\_\_\_\_

# Nashville Aquatic Club Nike Summer Sizzler Invitational June 16 – June 18, 2016

## ENTRY FORM

Times should be in **LONG COURSE METERS**

Please duplicate as needed

		EVT #	EVENT NAME	BEST TIME	EVT #	EVENT NAME	BEST TIME
NAME OF SWIMMER							
USS REGISTRATION #							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION #							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION #							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION #							
DATE OF BIRTH	SEX						