

NASHVILLE AQUATIC CLUB
NIKE MUSIC CITY INVITATIONAL
December 3 - 5, 2010

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming, the rules of which will apply.

SES SANCTION NUMBER: 10SENAC12-3

HOST CLUB: NASHVILLE AQUATIC CLUB

LOCATION: Tracy Caulkins Competition Pool
Centennial Sportsplex
222 25TH Avenue North
Nashville, TN 37203

FACILITY: Indoor 50 meter by 25 yard pool divided by two 4-foot wide bulkheads into two 25 yard pools. Separate warm down pool will be available. Wireless live results in the pool area will be available for those with Hy-Tek's Hy-Wire installed on their Pocket PC or Palm OS device.

MEET SESSIONS: FRIDAY & SATURDAY, DECEMBER 3 and 4

Preliminaries: #1 Warm-up 7:15-8:00am
#2 Warm-up 8:00-8:45am
Competition 9:00am

Finals: Warm-up 4:15-5:15pm
Competition 5:30pm

SUNDAY, DECEMBER 5

Preliminaries: #1 Warm-up 7:15-8:00am
#2 Warm-up 8:00-8:45am
Competition 9:00am

Finals: Warm-up 3:15-4:15pm
Competition 4:30pm



AGE GROUPS: 10-U, 11-12, 13-14, and Senior.

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 10-U swum in Preliminary sessions. Prelim/Finals for 11-12 through Senior age groups. Prelims will be swum in dual 8 lane courses. Finals will be swum in a single 8-lane course. Finals will be swum 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 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 willing to swim the 1650 during the preliminary session only or during the preliminary or final session.
- 13-14 400 IM and 500 Free will swim flighted preliminaries and will swim only an A Final.
- Senior 400 IM and 500 Free will swim flighted preliminaries and will swim only an A & B Final

Sunday night finals will be conducted on a positive check-in basis. Swimmers must go to the Clerk of Course to note their intentions to compete in accordance with normal scratch time limits. Swimmers not positively checking in will not be considered for finals.

SEEDING: Events will be pre-seeded. *Exceptions:* 500 Free, 1650 Free, 400 IM and all relays will be deck seeded.

FLIGHTED PRELIMINARIES: Events 31 - 34 (400 IM) and 69 - 72 (500 Free) will have two flights of preliminary competition. After positive check-in, the fastest 16 entries of 13-14 and the fastest 24 entries of Seniors in the 400 IM and 500 Free will swim an “A” Flight of preliminaries in normal event order. All remaining entries will be swum in a “B” Flight. The “B” Flight will be combined as 13 & Over and swum fastest to slowest. The “B” Flight will be swum in event order following Senior “A” Flights.

RELAYS: Relays will be timed finals. Heats will be swum slowest to fastest in the Finals session, except 10-U relays, which will be swum at the end of the Preliminary session. **Teams are limited to two relay entries in each relay event.** Positive check-in for relays is required the day of the event. Relay cards submitted to Clerk of Course 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: The 2010 NIKE Music City Invitational Time Standard is the minimum qualifying time for individual events. There will be no time standard for relays. 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).

ENTRIES: A swimmer 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 Bruce Ramsden 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.

Teams with HYTEK MEET MANAGER may submit entries via e-mail to the Entry Chair. Results files will be posted on the NAC website after the conclusion of the meet. Manual entries must be legible and complete, including the first and last name of each swimmer, age, USAS registration number and the short course yard time for individual events.

FEES:

- \$6.00 per swimmer per individual event (\$7.00 Late)**
- \$12.00 per relay (\$12.00 Late)**
- \$3.00 LCS Surcharge (Southeastern Surcharge)**
- \$5.00 Out of LSC Surcharge**
- \$4.00 Facility Surcharge per swimmer**

DEADLINE: All entries and entry materials must be received by **Tuesday, November 23 at 6:00 p.m.** Hard copy, 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: NASHVILLE AQUATIC CLUB.

Please direct questions to:
Meet Director
Gweyn Colaberdino
gweync@comcast.net
(615) 224-1290

Please submit entries to:
Entry Chairperson
Bruce Ramsden
115 Kenner Avenue
Nashville, TN 37205
entry@swimnac.com

HEAD COACH: John Morse
MEET REFEREE: Larry Alexander larrydalexander@aol.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 Larry Alexander at larrydalexander@aol.com with questions or sessions that can be worked. Your help is greatly appreciated.

LATE ENTRIES: Late 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 late entries at the meet. Accepted late entries will be charged \$7.00 per individual event and \$12.00 per relay.

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

SCRATCHES: The USAS Scratch Rule article 207.7.9 D and E will be followed. 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.

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.

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 20 minutes prior to each session. Officials will meet at 7:30 am each day and 30 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 Meet Director reserves the right to combine heats and/or events in order to facilitate the conduct of the meet.

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.

The Meet Director reserves the right to limit any event in order 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.



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 John Woods, General Chair of Southeastern Swimming at flipper@gps.edu.

SPORTSPLEX RULES:

NO FOOD OR DRINK IS ALLOWED IN THE POOL AREA.

NO COOLERS ARE ALLOWED IN THE LOBBY OR POOL AREA.

CONSESSIONS AND SWIM ITEMS WILL BE AVAILABLE FOR SALE.

HOTELS:

Holiday Inn Opryland/Airport

Stella Lochmiller, Sales Manager

P: 615-316-1064

E: stella.lochmiller@ihg.com

Marriott Courtyard/Residence Inn (Maryland Farms)

Becky Price, Account Executive

P: 615-493-5306

E: becky.price@marriott.com

Hampton Inn Elliston Place/West End

J.C. Timberlake, Director of Sales

P: 615-620-4854

E: jctimberlake@vistahost.net

Hampton Inn & Suites Vanderbilt Elliston Place: 615-320-6060

Hampton Inn Vanderbilt West End: 615-329-1144

Nashville Marriott at Vanderbilt

Austin Lott, Sales Manager

P: 615-340-5162

E: Austin.lott@marriottvanderbilt.com

Holiday Inn Vanderbilt

Charlotte Siegel, Sales Manager

P: 615-321-8250

E: charlotte.siegel@ihg.com

Loews Vanderbilt Hotel Nashville

Caroline Platz, Sales Manager

P: 615-321-1944

E: cplatz@loewshotels.com

Mary B. Hammett, Vice President of Sales, E: MHammet@loewshotels.com

Ashley Wheeler, Sales Assistant, P: 615-321-1949 E: awheeler@loewshotels.com



**ORDER OF EVENTS
FRIDAY DECEMBER 3**

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

COMPETITION: 9:00am

WOMEN	EVENT	MEN
#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 conclusion of the 2nd warm-up session the day of competition. After positive check-in, the top 16 swimmers of events 31 and 32 and the top 24 swimmers of events 33 and 34 will swim in "A" Flight in event order. The "B" Flight will be combined as 13 & Over and swum fastest to slowest after the conclusion of Senior A Flights. If a swimmer is not checked in with Clerk of Course, the swimmer is legally scratched from the event.

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



**ORDER OF EVENTS
SATURDAY DECEMBER 4**

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

COMPETITION: 9:00am

WOMEN	EVENT	MEN
#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 conclusion of the 2nd warm-up session the day of competition. After positive check-in, the top 16 swimmers of events 69 and 70 and the top 24 swimmers of events 71 and 72 will swim in "A" Flight in event order. The "B" Flight will be combined as 13 & Over and swum fastest to slowest after the conclusion of Senior A Flights. If a swimmer is not checked in with Clerk of Course, the swimmer is legally scratched from the event.

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

** 11-12 500 Freestyle will be swum as Timed Finals. Fastest heat of each gender will be swum at night. Remaining heats will be swum fastest to slowest during prelims.



**ORDER OF EVENTS
SUNDAY DECEMBER 5**

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

COMPETITION: 9:00am

WOMEN	EVENT	MEN
#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 conclusion of the 2nd warm-up session the day of competition. 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.*





**NASHVILLE
AQUATIC
CLUB**



**2010 NIKE SWIM
Music City Invitational
Time Standards**

Men

Women

10&U	11-12	13-14	Senior	EVENT	Senior	13-14	11-12	10&U
35.59	30.09	26.59	23.59	50 Free	26.09	26.99	29.79	35.59
1:19.99	1:03.99	56.59	51.79	100 Free	56.69	59.99	1:03.09	1:19.99
2:50.89	2:23.89	2:03.59	1:52.49	200 Free	2:01.29	2:06.99	2:20.19	2:50.89
-	6:24.19	5:30.09	5:07.29	500 Free	5:29.29	5:39.79	6:09.29	-
-	-	18:30.99	18:30.99	1650 Free	18:45.99	18:45.99	-	-
43.89	35.29	-	-	50 Back	-	-	34.29	43.89
1:32.49	1:17.09	1:04.99	59.39	100 Back	1:04.39	1:06.79	1:14.89	1:32.49
-	-	2:20.79	2:08.79	200 Back	2:19.09	2:25.99	-	-
48.19	41.09	-	-	50 Breast	-	-	39.99	48.19
1:44.79	1:28.89	1:15.99	1:08.49	100 Breast	1:13.99	1:17.19	1:24.19	1:44.79
-	-	2:43.89	2:29.99	200 Breast	2:41.19	2:46.49	-	-
41.99	33.99	-	-	50 Fly	-	-	32.99	41.99
1:40.59	1:19.99	1:03.49	58.09	100 Fly	1:02.39	1:06.69	1:13.59	1:40.59
-	-	2:34.59	2:14.79	200 Fly	2:25.99	2:31.99	-	-
1:31.39	1:15.29	-	-	100 IM	-	-	1:14.09	1:31.39
3:18.09	2:43.49	2:20.49	2:08.09	200 IM	2:17.89	2:25.29	2:38.59	3:18.09
-	-	5:01.79	4:37.99	400 IM	4:56.09	5:05.29	-	-



NASHVILLE AQUATIC CLUB
NIKE MUSIC CITY INVITATIONAL
December 3 – 5, 2010

Club _____ Initials _____

Address _____

Entry Contact _____ Phone _____ Email _____

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 form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

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.

And as

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.

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.

Metro Parks and Recreation, Nashville Aquatic Club, 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/club official _____ Date: _____

COACHES ATTENDING THE MEET:

CERTIFIED OFFICIALS WISHING TO WORK THE MEET (please indicate position and sessions):

ENTRY RECAP:

Swimmers Entered	_____	@ \$3.00 EACH IN LSC	_____
Swimmers Entered	_____	@ \$5.00 EACH OUT OF LSC	_____
Individual Events Entered	_____	@ \$6.00 EACH	_____
Relay Events Entered	_____	@ \$12.00 EACH	_____
Facility Surcharge	_____	@ \$4.00 PER SWIMMER	_____

TOTAL DUE NASHVILLE AQUATIC CLUB \$ _____

PLEASE BE PREPARED WITH PROOF OF USAS NUMBERS FOR ALL SWIMMERS



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: gweync@comcast.net

Meet Referee Email: larrydalexander@aol.com

Disability Chair Email: walleybob@hotmail.com

Walter Smalley 901-486-1782



	EVENT NAME	NO.	BEST TIME	EVENT NAME	NO.	BEST TIME
NAME OF SWIMMER:						
USS REGISTRATION NO.:						
DATE OF BIRTH:	SEX:					
NAME OF SWIMMER:						
USS REGISTRATION NO.:						
DATE OF BIRTH:	SEX:					
NAME OF SWIMMER:						
USS REGISTRATION NO.:						
DATE OF BIRTH:	SEX:					
NAME OF SWIMMER:						
USS REGISTRATION NO.:						
DATE OF BIRTH:	SEX:					

2010 MUSIC CITY INVITATIONAL Times should be in SHORT COURSE YARDS
Please duplicate as needed

