

**SOUTHEASTERN SWIMMING, INC.**  
**2010 DISTRICT CENTRAL CHAMPIONSHIPS**  
**8 and Under Championships**  
**February 20-21, 2010**

The meet will be conducted under the auspices of Southeastern Swimming, Inc. of United States Swimming, the rules of which will apply.

Sanctioned by Southeastern Swimming, Inc.

**SANCTION #:**

**HOSTED BY:**

Crimson Tide Aquatics  
U of AL Box 870387  
Tuscaloosa, AL 35487  
205-348-3916

**LOCATION:** The University of Alabama Aquatic Center at the corner of Bryant Drive and Hackberry Lane on the University of Alabama Campus, Tuscaloosa, Alabama.

**MEET COURSE:** The meet course will be SCY.

**FACILITIES:**

Pool: A 25 yard, eight, ten, or sixteen lane pool with standard starting blocks and non-turbulence lane ropes. There will be a warm-up/warm-down pool available during competition.

Timing: Fully automatic Daktronics electronic timing equipment.

Rest Area: Spacious deck area and bleacher seating.

Concessions: A concession stand serving lunch and snack items opens during first warm-up.

This facility has been certified with USA Swimming.

**RULES:** 2009 USS rules will govern the conduct of the meet unless otherwise noted herein.

**OFFICIALS:** Meet Director: Kim Osborn  
205-792-2059  
dosborn0513@charter.net

Referee: Dave Smith  
850-305-6877  
dave\_smith-ses@cox.net

Meet Marshall: Tracy Camp

Starter: Gwenn McKenzie

**ELIGIBILITY:** All participants must be USA Swimming registered athletes. Entries will not be accepted without 2010 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.

**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 the 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.

<b>STARTING TIMES:</b>	<b><u>Warm-up</u></b>	<b><u>Competition</u></b>
Saturday AM:	7:15-8:15 AM	8:30 AM
Saturday PM:	Not before 11:15 AM	Not before 12:30 PM
Sunday AM:	7:15-8:15 AM	8:30 AM
Sunday PM:	Not before 11:15 AM	Not before 12:30 PM

**ENTRIES:** E-mailed HYTEK entries will be accepted. Entry forms must be completely filled out including the swimmers' best times for yards. Please provide a written copy of entries for verification purposes. Disks with results will be returned at the end of the meet.

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

**DEADLINE:** Entry disks and/or printouts, summary/release sheets, and entry fees including surcharges must be received by the Entries Chairman on or before Monday, February 8, 2010. **Late entries** will be accepted for available lanes only until Saturday, February 20, 2010. No new heats will be formed. Swimmers achieving SE Championship Time Standards must fax or email to Nashville Aquatic Club by 6:00 PM, Monday, February 22, 2010.

Completed entries should be mailed to:

Kim Osborn  
12009 Peachtree Drive  
Northport, AL 35475  
Home 205-330-0513  
Cell 205-792-2059  
email: dosborn0513@charter.net

Please include the words "District Championships" in the subject line of all meet related email.

**FEES:** \$4.00 per individual event, \$9.00 per relay; \$3.00 per swimmer SES surcharge.  
**Facility Fee: \$5.00; Late fees: \$5.00 per individual event, \$11.00 per relay.**

**Please make checks payable to:** Crimson Tide Aquatics. All entry fees are nonrefundable.

**LIMITS:** Swimmers are limited to 4 individual events per day, exclusive of relays. The host team reserves the right to adjust pool designations for age groups or genders in order to run the meet more smoothly.

**MEET FORMAT:** This is a timed finals meet. This meet will serve as the Southeastern Swimming Championship for 8 & Under swimmers. Swimmers 9 and older must have times slower than the 2009-2010 Southeastern Championship Qualifying Time in entered events. All events will be pre-seeded except the 400 IM's, 500 Frees, and 1,650 Frees, which will be deck-seeded. Swimmers must sign-in with the Clerk of Course for all deck-seeded events. Sign-in deadlines are by the start of that event's session. If the swimmer is not checked in with the Clerk of Course, the swimmer is legally scratched from the event. Only the swimmer or his/her coach may sign in for deck-seeded events.

**SCORING:** 8 & Under individual events first through eighth places: 9-7-6-5-4-3-2-1. 8 & Under relay events first through fourth places: 18-14-12-10

**AWARDS:** 8 & unders': Individual-medals 1st-8th & Relay-medals 1st-4th. 9 & overs': Individual-ribbons 1st-8th & Relay-ribbons 1st-4th. In lieu of placement, Standard Breaker ribbons will be given to 9 & older swimmers who achieve a 2009-2010 Southeastern Championship qualifying time in an entered event. **The 15 & 16 , 17 & 18 age groups will have separate time standards but will be awarded as one age group - 15 -18.**

**If a swimmer ages up between the District Meet and the Southeastern Championship Meet, that swimmer will be allowed to swim in his current (ie: lower) age-group at the District Meet even if he has made a Southeastern time standard in an event. However, he will only be eligible for the "qualifier" award presented at the District Meet**

There will be individual high point and runner up trophies given for each gender in the 8 & Under age group, as well as the age group high point team award for each gender in the 8 & Under age group. All awards are provided by Southeastern Swimming, Inc.

**OFFICIALS' CORNER:** The Meet Referee is asking all officials who are available to serve at this meet to notify him by email of their availability. Please let him know which day(s) you can help and which session (10 & younger of 11 & older) you would like to work. This information should be sent to dave\_smith-ses@cox.net.

**COACHES' CORNER:** Before picking up the team's packet, coaches are asked to ensure that the Clerk of Course has a completed Team Information sheet with the lead deck coach's cell phone number listed.

A coaches' meeting will be held at 8:45 AM on Saturday morning in the hospitality area. No swimmers will be allowed in the pool during this time. Competition will not start until after the conclusion of the coaches meeting.

Coaches expecting to have swimmers participating in a session that the coach will not be attending are asked to complete a Swimmer Assignment form in advance of the session and send it to the Meet Referee and Meet Director by email.

Coaches with swimmers achieving SE Championship Time Standards at the District Championships are reminded that they must submit qualifying entries to the Southeastern Championships Meet by fax or email **no later than 6:00 PM, Monday, February 22, 2010.**

**MEET EVALUATIONS:**

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

John Woods  
205 Island Ave  
Chattanooga, TN 37405

**SOUTHEASTERN SHORT COURSE DISTRICTS CENTRAL  
8 & Under 2010-SWIMMING CHAMPIONSHIPS**

**Saturday AM  
Saturday, February 20, 2010  
Warm-up 7:15 AM Meet starts 8:30 AM**

<u>GIRLS</u>	<u>SE QUAL TIME</u>	<u>EVENT</u>	<u>SE QUAL TIME</u>	<u>BOYS</u>
1	2:36.89	10 & U 200 Freestyle	2:38.29	2
3		8 & U 100 Freestyle		4
5	37.89	10 & U 50 Backstroke	38.39	6
7		8 & U 25 Backstroke		8
9	1:27.79	10 & U 100 Fly	1:31.59	10
11		8 & U 50 Fly		12
13	1:34.19	10 & U 100 Breaststroke	1:38.49	14
15		8 & U 50 Breaststroke		16
17	32.19	10 & U 50 Freestyle	32.39	18
19		8 & U 25 Freestyle		20
21	1:22.19	10 & U 100 IM	1:23.29	22
23		8 & U 100 Free Relay		24
25		10 & U 200 Free Relay		26
27	6:49.19	10 & U 500 Freestyle	6:54.69	28

**Saturday PM  
Saturday, February 20, 2010  
Warm-up NB 11:15 AM Meet starts NB 12:30 PM**

<u>GIRLS</u>	<u>SE QUAL TIME</u>	<u>EVENT</u>	<u>SE QUAL TIME</u>	<u>BOYS</u>
29	2:15.49	11-12 200 Freestyle	2:16.89	30
31	2:04.99	13-14 200 Freestyle	2:00.59	32
33	2:01.29 (15-16) 1:59.79 (17&O)	Senior 200 Freestyle	1:52.49 (15-16) 1:50.19 (17&O)	34
35	33.09	11-12 50 Backstroke	33.39	36
37	1:06.39	13-14 100 Backstroke	1:04.59	38
39	1:04.39 (15-16) 1:04.39 (17&O)	Senior 100 Backstroke	59.39 58.09 (17&O)	40
41	1:21.29	11-12 100 Breaststroke	1:24.39	42
43	2:43.49	13-14 200 Breaststroke	2:40.49	44
45	2:41.19 (15-16) 2:41.19 (17&O)	Senior 200 Breaststroke	2:29.99 2:27.49 (17&O)	46
47	31.49	11-12 50 Fly	32.09	48
49	1:05.69	13-14 100 Butterfly	1:03.49	50
51	1:02.39 (15-16) 1:02.39 (17&O)	Senior 100 Butterfly	58.09 (15-16) 56.69 (17&O)	52
53	1:11.09	11-12 100 IM	1:11.59	54
55	2:22.29	13-14 200 IM	2:18.49	56
57	2:17.89 (15-16) 2:17.89 (17&O)	Senior 200 IM	2:08.09 (15-16) 2:05.29 (17&O)	58
59		11-12 200 Free Relay		60
61		13-14 200 Free Relay		62
63		Senior 200 Free Relay		64
65	6:01.69	11-12 500 Freestyle	6:20.99	66
67	5:41.69	13-14 500 Freestyle	5:28.99	68
69	5:29.29 (15-16) 5:25.99 (17&O)	Senior 500 Freestyle	5:14.69 (15-16) 5:07.29 (17&O)	70

**Sunday AM**  
**Sunday, February 21, 2010**  
**Warm-up 7:15 AM Meet starts 8:30 AM**

<u>GIRLS</u>	<u>SE QUAL TIME</u>	<u>EVENT</u>	<u>SE QUAL TIME</u>	<u>BOYS</u>
71		8 & U 100 IM		72
73	2:59.19	10 & U 200 IM	3:01.79	74
75		8 & U 25 Breaststroke		76
77	42.99	10 & U 50 Breaststroke	44.39	78
79		8 & U 25 Fly		80
81	36.79	10 & U 50 Fly	38.99	82
83		8 & U 50 Freestyle		84
85	1:11.39	10 & U 100 Freestyle	1:12.39	86
87		8 & U 50 Backstroke		88
89	1:22.99	10 & U 100 Backstroke	1:23.89	90
91		8 & U 100 Medley Relay		92
93		10 & U 200 Medley Relay		94

**Sunday PM**  
**Sunday, February 21, 2010**  
**Warm-up NB 11:15 AM Meet starts NB 12:30 PM**

<u>GIRLS</u>	<u>SE QUAL TIME</u>	<u>EVENT</u>	<u>SE QUAL TIME</u>	<u>BOYS</u>
95	2:31.99	11-12 200 IM	2:38.19	96
97	5:02.99	13-14 400 IM	4:59.39	98
99	4:56.09 (15-16)	Senior 400 IM	4:43.89 (15-16)	100
	4:56.09 (17&O)		4:37.99 (17&O)	
101	28.29	11-12 50 Freestyle	28.29	102
103	26.69	13-14 50 Freestyle	25.49	104
105	26.09 (15-16)	Senior 50 Freestyle	23.59 (15-16)	106
	26.09 17&O)		23.39 (17&O)	
107	1:10.99	11-12 100 Fly	1:16.89	108
109	2:29.99	13-14 200 Fly	2:29.49	110
111	2:25.99 (15-16)	Senior 200 Fly	2:14.79 (15-16)	112
	2:22.89 (17&O)		2:09.79 (17&O)	
113	37.19	11-12 50 Breaststroke	38.29	114
115	1:17.89	13-14 100 Breaststroke	1:13.99	116
117	1:13.99 (15-16)	Senior 100 Breaststroke	1:08.49 (15-16)	118
	1:13.99 (17&O)		1:07.09 (17&O)	
119	1:11.09	11-12 100 Backstroke	1:13.49	120
121	2:22.29	13-14 200 Backstroke	2:16.69	122
123	2:19.09 (15-16)	Senior 200 Backstroke	2:08.79 (15-16)	124
	2:18.99 (17&O)		2:06.89 (17&O)	
125	1:01.89	11-12 100 Freestyle	1:02.29	126
127	58.19	13-14 100 Freestyle	55.69	128
129	56.69 (15-16)	Senior 100 Freestyle	51.79 (15-16)	130
	56.09 (17&O)		50.69 (17&O)	
131		11-12 200 Medley Relay		132
133		13-14 200 Medley Relay		134
135		Senior 200 Medley Relay		136
137	20:01.49	13-14 1650 Freestyle	19:29.49	138
139	19:58.89 (15-16)	Senior 1650 Freestyle	18:47.99 (15-16)	140
	19:48.19 (17&O)		18:27.19 (17&O)	

**Southeastern Swimming  
Information Form for Disabled Swimmers**

<b>NAME:</b>		<b>AGE:</b>	<b>DATE OF BIRTH:</b>		
<b>ADDRESS:</b>			<b>PHONE NUMBER:</b>		
<b>EVENTS ENTERED:</b>					
<b>EVENT:</b>	<b>NO.</b>	<b>EVENT:</b>	<b>NO.</b>		
<b>EVENT:</b>	<b>NO.</b>	<b>EVENT:</b>	<b>NO.</b>		
<b>EVENT:</b>	<b>NO.</b>	<b>EVENT:</b>	<b>NO.</b>		
<b>DESCRIBE TYPE AND EXTENT OF DISABILITY (Be specific; e.g. totally or partially blind or deaf; loss of limbs, multiple disabilities):</b>					
<b>THE FOLLOWING PERSONS WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:</b>		<b>NAME:</b>			
		<b>NAME:</b>			
<b>SEIZURES?</b>	<b>YES:</b> <input type="checkbox"/> <b>NO:</b> <input type="checkbox"/>	<b>ARE YOU ON MEDICATION?</b>	<b>YES:</b> <input type="checkbox"/> <b>NO:</b> <input type="checkbox"/>	<b>MEDICATION/DOSE:</b>	
<b>MEDICATION/DOSE:</b>	<b>MEDICATION/DOSE:</b>		<b>MEDICATION/DOSE:</b>		
<b>PARENT OR GUARDIAN'S NAME:</b>			<b>PHONE NUMBER:</b>		
<b>PARENT OR GUARDIAN'S SIGNATURE:</b>		<b>ATHLETE'S SIGNATURE:</b>			
<b>PHYSICIAN'S NAME:</b>			<b>PHONE NUMBER:</b>		
<b>PHYSICIAN'S ADDRESS:</b>					
<b>I HAVE EXAMINED THE ABOVE ENTRANT AND, IN MY OPINION, THERE IS NO MENTAL OR PHYSICAL REASON WHY HE OR SHE SHOULD NOT PARTICIPATE IN USA SWIMMING COMPETITION.</b>					
<b>PHYSICIAN'S SIGNATURE:</b>				<b>DATE:</b>	

**2010 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 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 University of Alabama, Crimson Tide Aquatics, 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.

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<b>SIGNATURE OF COACH OR CLUB OFFICIAL:</b>	
<b>CLUB:</b>	
<b>TITLE:</b>	<b>DATE:</b>

### TEAM INFORMATION

<b>CLUB NAME:</b>		<b>INITIALS:</b>	
<b>ADDRESS:</b>			
<b>LSC:</b>		<b>HEAD COACH:</b>	
<b>CONTACT PERSON:</b>		<b>PHONE NUMBER:</b>	
<b>FAX NUMBER:</b>		<b>CELL PHONE:</b>	<b>EMAIL:</b>
<b>COACHES ATTENDING:</b>	<b>NAME</b>		<b>COACHES CARD EXPIRATION DATE</b>
	1.		
	2.		
	3.		
<b>CERTIFIED OFFICIALS WHO MAY WISH TO WORK:</b>	1.		
	2.		
	3.		
	4.		
<b>NUMBER OF SWIMMERS ENTERED:</b>		<b>ATTACHED:</b>	
		<b>UNATTACHED:</b>	
		<b>TOTAL:</b>	

### SUMMARY OF FEES

<b>NUMBER OF LSC SWIMMERS:</b>		<b>X \$3.00 SES SURCHARGE</b>	<b>=</b>	
<b>NUMBER OF OUT OF LSC SWIMMERS</b>		<b>X \$5.00 SES SURCHARGE</b>	<b>=</b>	
<b>NUMBER OF IND. EVENTS:</b>		<b>X \$3.00 PER EVENT ENTRY FEE</b>	<b>=</b>	
<b>NUMBER OF RELAYS:</b>		<b>X \$8.00 PER RELAY ENTRY FEE</b>	<b>=</b>	
<b>TOTAL DUE:</b>				



