

**ATOMIC CITY AQUATIC CLUB**  
**2012 SE ACAC LOIS WEIR INVITATIONAL**  
February 3-5, 2012

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

Sanctioned by Southeastern Swimming, Inc.

**Sanction No.:** 12SEACAC2-3

**HOSTED BY:** Atomic City Aquatic Club, P.O. Box 4725, Oak Ridge, TN 37831

**LOCATION:** Oak Ridge Civic Center Pool, 1403 Oak Ridge Turnpike, Oak Ridge, TN 37830

**FACILITIES:** Indoor 7-lane, 25 yard competition pool with non-turbulent lane lines and fully automatic Colorado electronic timing system and scoreboard with lane/time/place display. The competition course has not been certified in accordance with 104.2.2C(4). The pool has seven lanes, with depths ranging from 3'6" to 10'6". Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Only the even legs of the 8 & Under relays will be started from the shallow end of the pool, which is 3.5 feet deep. Swimmers of even legs of the 8 & Under relays will start in the water. All other events will be started from blocks at the deep end of the pool. Bleachers are provided for spectators at poolside. A gymnasium where swimmers may relax between events is located adjacent to the pool. Swimmers' access to the pool is from the gymnasium through the dressing rooms to the pool. Swimmers are not allowed to "camp" in the hallways, lobby or other parts of the Civic Center. Oak Ridge Civic Center rules prohibit any food, drinks, or coolers in the gymnasium. Such items may be placed in the concession area across the hall.

**RULES:** 2011 USS rules will govern the conduct of the meet unless otherwise noted herein.

**OFFICIALS:** Meet Director: Melissa Ragsdale Referee: Dave Willis/Jack Gump

**ELIGIBILITY:** All participants must be USA Swimming registered athletes. Entries will not be accepted without 2012 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. Warm-up for Session 1, 2, 3, 5 & 6 will consist of two 40 minute periods. Warm up for Session 4 will consist of one 15 minute period. The first 30 minutes of each 40 minute period will be devoted to general warm-up with no diving. For the last 10 minutes of each 40 minute period, lanes may be used for sprints from a dive with one-way traffic.

**"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." 6/9/2010**

<b>STARTING TIMES:</b>	<b><u>Warm-up</u></b>	<b><u>Competition</u></b>
Friday PM:	4:30-5:50 PM	6:00 PM
Saturday AM:	6:45-8:05 AM	8:15 AM
Saturday PM:	Not before 11:00 AM	Not before 12:30 PM
Saturday PM:	15 minutes after end of Session 3	Upon completion of Warm-up
Sunday AM:	6:45-8:05 AM	8:15 AM
Sunday PM:	Not before 11:00 AM	Not before 12:30 PM

**ENTRIES:** Entries will be limited to the first 325 individual swimmers for the meet. Teams who have HYTEK's Meet/Team Manager should submit their entries on a compact disc (please send in WIN-MM file format). E-mailed HYTEK entries to the Meet Director's email address ([swim4acac@gmail.com](mailto:swim4acac@gmail.com)). Alternately, entries may be submitted using the enclosed form. All entries must include the appropriate fees, as well as the signed release form and entry summary form, enclosed. Entry forms must be completely filled out including the swimmers' best times for yards. Please provide a written copy of entries for verification purposes. Results will be provided at the end of the meet as requested. A flash drive or compact disk will be provided by the team requesting results at end of meet. Results will be e-mailed to all teams attending 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 Meet Director on or before Monday, January 23, 2012. Late entries will be accepted after January 23, 2012 at the discretion of the Meet Director and will be limited to space available in empty lanes. Late entries may also be taken during the meet, but will be closed entirely at the beginning of the second warm-up for any session. Late entries will be entered with NO TIME. No substitutions will be allowed.

Completed entries should be mailed to:

Melissa Ragsdale  
1515 Willow Field Lane  
Knoxville, TN 37931  
Email: ([swim4cac@gmail.com](mailto:swim4cac@gmail.com))

**FEES:** \$4.50 per individual event, \$10.00 per relay; \$3.00 per SES swimmer or \$5.00 per Non-SES swimmer - SES surcharge. **Late entries:** \$5.50 per individual event, \$12.00 per relay.  
**Jan 1, 2009, Surcharge changes to SE swimmers stay at \$3.00 out of the LSC goes to \$5.00.**

**Please make checks payable to:** Atomic City Aquatic Club. All entry fees are nonrefundable.

**LIMITS:** Swimmers are limited to 5 individual events per day, exclusive of relays. If the entry information specifies more than the maximum number of events per day for any swimmer, the last individual event(s) requested for that swimmer will be deleted from each day to bring the total down to the maximum number of individual swims per swimmer per day. Eligibility for relays is limited to swimmers whose names are listed on the entry forms.

**MEET FORMAT:** There are 110 Age Group and Senior recognized USA Swimming events. This is a timed finals meet. All events 200 yards or shorter will be pre-seeded. Events 400 yards or longer will be deck seeded with check-in times as indicated on the Order of Events. Swimmers must sign-in with the Clerk of Course for all deck-seeded events. 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. The 10 & Under and 11-12 500 Free will be seeded and swum together, but scored separately. The 11 & Over events will be seeded and swum together but scored separately as 11-12, 13-14 and 15-Over. Deck seeded events will be swum fastest to slowest, alternating women and men's heats. The final heats of 1000 Free and 1650 Free may be combined with men and women to create one full heat, rather than two incomplete heats of men and women. If the swimmer fails to swim the event, she/he will be barred from the next individual event in which s/he is entered, whether it is on the same day or on the following day.

**SCORING:** Points for first through seventh places in individual events will be awarded as follows: 8-6-5-4-3-2-1. Individual event points will be doubled for relays.

**AWARDS:** Ribbons will be awarded for first through seventh place in all individual events, and first through fourth places in relay events. High point awards will be given in each age group and gender. Trophies will be awarded for Age groups 8 & Under through 11-12 for first through third places. Awards will be presented for first and second place for age groups 13-14 and Senior in each gender.

**COACHES' MEETING:** A coaches' meeting will be held 10 minutes prior to each session in the Hospitality Room. No swimmers will be allowed in the pool during this time.

**HOSPITALITY:** There will be a Hospitality Room for coaches and registered officials.

**MEET EVALUATIONS:**

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

Matt Webber  
P.O. Box 1102  
Huntsville, AL 35807

**2012 SE ACAC Lois Weir Invitational Swim Meet  
ORDER OF EVENTS**

**Session 1: Friday February 3, 2012.** Warm-up 4:30 p.m. Meet starts at 6:00 p.m.

Event Number		Age Group	Event
Girls	Boys		
1	2	10 & Under	200 IM
3	4	11-12	200 IM
5*	6*	11 and Over	400 IM
7*	8*	12 & Under	500 Free
9*	10*	13 & Over	500 Free

\*All events 400 yards or longer will be deck seeded and check-in is required. The 10 & Under and 11-12 500 Free will be seeded and swum together but scored separately. Events 5 and 6 will be seeded and swum together but scored separately as 11-12, 13-14 and 15-Over. The 13 & Over events will be seeded and swum together but scored separately as 13-14 and 15-Over. Check-in for Events 5-8 will be by 6:00 p.m. and check-in for Events 9-10 will be prior to the completion of Event 4. Deck-seeded events will be swum fastest to slowest, alternating women and men's heats. Once a swimmer has checked in for a deck-seeded event and check-in for that event is closed, failure to swim that event will result in disbarment from the swimmer's next individual event.

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**Session 2: Saturday February 4, 2012.** Warm-up at 6:45 a.m. Meet starts at 8:15 a.m.

Includes events for 8 & Under Girls/Boys, 10 & Under Girls/Boys, and 11-12 Boys.

\*\*\*\*\* 5 individual events maximum per swimmer \*\*\*\*\*

Event Number		Age Group	Event
Girls	Boys		
	11	11-12	200 Free Relay
12	13	10 & Under	200 Free Relay
14	15	8 & Under	100 Free Relay
	16	11-12	200 Free
17	18	10 & Under	200 Free
19	20	8 & Under	100 Free
	21	11-12	100 Back
22	23	10 & Under	100 Back
24	25	8 & Under	50 Back
	26	11-12	50 Free
27	28	10 & Under	50 Free
29	30	8 & Under	25 Free
	31	11-12	100 Fly
32	33	10 & Under	100 Fly
34	35	8 & Under	50 Fly
	36	11-12	50 Breast
37	38	10 & Under	50 Breast
39	40	8 & Under	25 Breast
---- 15 Minute Break ----			
	41*	11-12	1000 Free

\*Event 41 11-12 Men 1000 Free, will be deck seeded and swum fastest to slowest. Check-in is required prior to end of Event 20.

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**Session 3: Saturday February 4, 2012.** Warm-up begins at the conclusion of the morning session, but not before 11:00 a.m., lasting an hour and 20 minutes, with competition beginning 10 minutes after warm-up ends but not before 12:30 p.m.

Includes events for 11-12 Girls, 13-14 Girls/Boys, and Senior Women/Men.

\*\*\*\*\* 5 individual events maximum per swimmer for combined sessions 3 and 4

**Event Number**

Girls	Boys	Age Group	Event
42		11-12	200 Free Relay
43	44	13-Over	200 Free Relay
45		11-12	200 Free
46	47	13-Over	200 IM
48		11-12	100 Back
49	50	13-Over	100 Free
51		11-12	50 Free
52	53	11-Over	200 Breast
54		11-12	100 Fly
55	56	13-Over	100 Back
57		11-12	50 Breast
58	59	11-Over	200 Fly

Events 43, 44, 46, 47, 49, 50, 55 and 56 will be seeded and swum together but scored separately as 13-14 and 15-Over.  
 Events 52, 53, 58 and 59 will be seeded and swum together but scored separately as 11-12, 13-14 and 15-Over.

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**Session 4: Saturday February 4, 2012.** Warm up begins 15 minutes after the conclusion of Session 3 lasting 15 minutes. Competition begins upon completion of warm-up. Includes events for 11-12 Girls and 13 & Over Women/Men.

\*\*\*\*\* 5 individual events maximum per swimmer for combined sessions 3 and 4

**Event Number**

Girls	Boys	Age Group	Event
60**		11-12	1000 Free
61**	62**	11 & Over	1650 Free

\*\*Events 60, 61, & 62 will be deck seeded. Check-in is required prior to completion of event 53. Events 61-62 will be seeded and swum together but scored separately as 11-12, 13-14 and 15-Over. Deck-seeded events will be swum fastest to slowest, alternating women and men's heats. Once a swimmer has checked in for a deck-seeded event and check-in for that event is closed, failure to swim that event will result in disbarment from the swimmer's next individual event.

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**Session 5: Sunday February 5, 2012.** Warm-up at 6:45 a.m. Meet starts at 8:15 a.m.

Includes events for 8 & Under Girls/Boys, 10 & Under Girls/Boys, and 11-12 Boys.

\*\*\*\*\* 5 individual events maximum per swimmer \*\*\*\*\*

**Event Number**

Girls	Boys	Age Group	Event
63	64	8 & Under	100 Medley Relay
65	66	10 & Under	200 Medley Relay
	67	11-12	200 Medley Relay
68	69	8 & Under	25 Back
70	71	10 & Under	50 Back
	72	11-12	50 Back
73	74	8 & Under	50 Free
75	76	10 & Under	100 Free
	77	11-12	100 Free
78	79	8 & Under	25 Fly
80	81	10 & Under	50 Fly

	82	11-12	50 Fly
83	84	8 & Under	50 Breast
85	86	10 & Under	100 Breast
	87	11-12	100 Breast
88	89	8 & Under	100 IM
90	91	10 & Under	100 IM
	92	11-12	100 IM

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**Session 6: Sunday February 5, 2012.** Warm-up begins at the conclusion of the morning session, but not before 11:00 a.m., lasting an hour and 20 minutes, with competition beginning 10 minutes after warm-up ends but not before 12:30 p.m.

Includes events for 11-12 Girls, 13-14 Girls and Boys, and 15 & Over Women/Men.

\*\*\*\*\* 5 individual events maximum per swimmer \*\*\*\*\*

**Event Number**

<b>Girls</b>	<b>Boys</b>	<b>Age Group</b>	<b>Event</b>
93		11-12	200 Medley Relay
94	95	13-Over	200 Medley Relay
96		11-12	50 Back
97	98	13-Over	50 Free
99		11-12	100 Free
100	101	13-Over	100 Breast
102		11-12	50 Fly
103	104	11-Over	200 Back
105		11-12	100 Breast
106	107	13-Over	100 Fly
108		11-12	100 IM
109	110	13-Over	200 Free

Events 94, 95, 97, 98, 100, 101, 103, 104, 106, 107, 109, and 110 will be seeded and swum together but scored separately as 13-14 and 15-Over.

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.

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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: [swim4cac@gmail.com](mailto:swim4cac@gmail.com), Melissa Ragsdale  
Disability Chair Email: [walleybob@hotmail.com](mailto:walleybob@hotmail.com)  
Walter Smalley 901-486-1782

**2011 - 2012 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 Atomic City 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.

I

<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 SWIMMERS:</b>		X \$3.00 SES SURCHARGE =	
<b>NUMBER OF OUT OF LSC SWIMMERS</b>		X \$5.00 SES SURCHARGE =	
<b>NUMBER OF IND. EVENTS:</b>		X \$4.50 PER EVENT ENTRY FEE =	
<b>NUMBER OF RELAYS:</b>		X \$10.00 PER RELAY ENTRY FEE =	
<b>TOTAL DUE:</b>			

**ENTRY FORM**

Times should be in **SHORT COURSE YARDS**

Please duplicate as needed

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