



2010 Speedo Champions Series Eastern Section of the Southern Zone

Gabrielsen Natatorium, University of Georgia

Athens, Georgia – July 15th – 18th, 2010

Sanction#: GA

Host Club: Athens Bulldog Swim Club

Meet Director: Kevin Taylor
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E-mail: kmtaylor85@gmail.com

Meet Referee John Wilson
Telephone: 706-369-1212
E-mail: jwilson@pjfweb.com

Facility: UGA's Ramsey Student Center/Gabrielsen Natatorium
330 River Rd, Athens, GA 30602

One eight lane 50 meter course will be used for competition. An eight lane 25yd warm-up/down pool will be available throughout the meet. A Colorado System 6 automatic timing system, non-slip touch pads, non-turbulent lane lines, and two 8-lane score boards will be used.

Schedule:

Wednesday, July 14th	
Warm-up time available	9:00 AM – 11:00 AM 4:00 PM – 8:00 PM
Thursday, July 15th – Saturday, July 17th	
Preliminary warm-up	6:30 AM – 8:50 AM
Preliminary start time	9:00 AM
Finals warm-up	4:30 PM – 5:45 PM
Finals start time	6:00 PM
Sunday, July 18th	
Finals warm-up	4:00 PM – 5:15 PM
Finals start time	5:30 PM

Eligibility: This meet is open to all swimmers registered with clubs of the Eastern Section of the Southern Zone (Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Southeastern, and West Virginia LSCs) who have achieved qualifying standards. Swimmers from teams outside the Eastern Section of the Southern Zone may swim events in which they have achieved Junior National Qualifying standards.

Time Standards: All swimmers must have met either the 2009/2010 short or long course qualifying time standard in each event entered. Swimmers who have achieved the short course cut should enter at the long course standard. Faster times achieved following the entry date will not be accepted as replacements for previously entered times.

Format:

All individual events 400 meters or less will be conducted on a Preliminary and Final basis with. The 400 Free and 400 IM will be deck seeded. All relay events will be deck seeded and conducted as Timed Finals. The 800 and 1500 Free will be deck seeded and conducted as timed finals.

The fastest heat of the 800 Free for both women and men will be swum in numerical order (as event number one and two) in the Finals Session on Thursday, July 15th. All other heats of these events will be swum during Thursday's prelim session beginning ten minutes after the conclusion of event eight, in the following order: the three fastest remaining heats of women, swum slowest to fastest, three fastest remaining heats of men, swum slowest to fastest, then all remaining heats swum fastest to slowest, alternating women and men.

The 1500 Free will be conducted as a timed final on Sunday, July 18th beginning ten minutes after the completion of the prelims, except for the top eight seeded men and women who have declared the PM option. These competitors will swim in event number order during the final session Sunday evening. All other 1500 Free heats will be conducted after prelims and will be swum fastest to slowest, alternating women and men.

Swimmers competing in the 800 and 1500 Free are expected to provide a person to count laps, and may be asked to provide a timer.

The 400 IM will be conducted as follows. The four fastest women's heats then the four fastest men's heats will be swum slow to fast. Of these, the fastest three heats will be circle seeded. The remainder of the heats will be swim fastest to slowest, alternating women and men.

The 400 Free will be swum slowest to fastest, with all women's heats first, then all men's heats.

The 400 Free Relays will be swum in prelims except for the fastest two heats, of Women and Men, which will swim in finals. The 800 Free Relay will be swum in prelims fast to slow, alternating women and men, except for the fastest heat of Women and Men, each of which will swim in Finals. There will be an AM/PM option for the 400 Medley Relays—the fastest two heats of relays for Women and Men declaring the PM option will swim at night. Teams must declare their preferred option by 8:00 AM on Sunday, July 18th.

Championship, Consolation, and two Bonus Heats will be swum in each event, except for timed final events. The Championship Heat for each event will precede the Consolation Heat, which will precede the 2 Bonus Heats (A Final, followed by the B Final, C Final, and D Final).

There will be a ready room for swimmers who qualify for the A final in all Prelim/Final events. Swimmers in this heat should report to the ready room during the swimming of the event prior to their own.

Seeding: All events will be pre-seeded with the exception of the 400 Free, 400 IM, 800 Free, 1500 Free, and all relays. These events will require a positive check-in. Scratches for other events will be appreciated.

Check in: In order to be seeded in the 800 Free, 400 Free, 400 IM, and all relays, swimmers must check in by 8:00 AM the day the event is to be swum. In order to be seeded in the 1500 Free, swimmers must check in prior to the conclusion of the prelim session Saturday, July 17th.

Entry limit: Though swimmers may enter as many events as they have time standards for, they will be limited to competing in three individual events per day plus relays. Each team will be limited to two relay teams per event.

Entries: Entries must be submitted in electronic format compatible with Hy-Tek's Meet Manager. A .pdf or .doc file of the team's entries must be submitted as well for verification purposes. Entry files should be submitted via email. Entries must include the USA-S Club Code and each swimmer's USA-S number, first and last name, age, and seed time for each event entered. Swimmers entering the meet who are only competing as members of a relay must be entered with all other participants for the purpose of verifying USA Swimming registration. Entries must be received by the deadline of Wednesday July 7th. Entries will not be accepted without accompanying fees. Emailed entries should be sent to:

kmtaylor85@gmail.com

Entry Fees:

Individual events:	\$6.00 each
All Relays:	\$11.00 each
Facility Surcharge:	\$20.00 per swimmer
GA Travel Fund:	\$2.00 per swimmer (out of state swimmers only)
Time trial events:	\$10.00 each

Make checks payable to the Athens Bulldog Swim Club. Entries will not be accepted unless accompanied by fees. All entry fees are non-refundable.

Entry Deadline: All entries (including fees and liability waiver) must be received on or before July 7th. ABSC cannot accept fax entries or phone entries.

Psych Sheet A Psych Sheet for verification purposes will be posted on the ABSC website (www.athensbulldogs.com) on Friday, July 9th. Any corrections must be emailed to the meet director by Sunday, July 11th. The official Psych sheet will then be posted on Monday, July 12th.

Late Entries: On site late entries will be permitted only if open lanes are available and will be seeded with NT. No additional heats will be created in pre-seeded events. Late entry fees will be doubled for individual and relay events. All swimmers entering late must show their USA Swimming registration card to the Clerk of Course to verify their current USA membership.

USA Swimming Membership No entries will be accepted without USA-S numbers. Each club is responsible for the proper registration of its swimmers, officials and coaches. The person completing and signing the entry form accepts all responsibility for proper USA-Swimming numbers/registrations with USA-S. Each coach attending the meet must be listed on the entry form. All coaches must be members of USA-S and must meet current USA-S safety training requirements. All officials other than timers must be members of USA-S. If a swimmer attends the meet without a coach, he or she must arrange to be supervised by a USA-S member coach from another team.

Proof of Times: Swimmers or Relays that fail to achieve the qualifying standard in any event during the meet must provide proof-of-time. Only official meet results from USA-S sanctioned or approved competitions are acceptable. The Sectional Secretary will send each club a list of swimmers who failed to achieve qualifying standards within 30 days of the meet's conclusion. If no proof is provided, the swimmer will be fined \$25.00 per event. Fines unpaid by November 1st will be doubled to \$50.00. Neither the swimmer nor his team will be eligible to enter future Sectional meets until said fine is paid in full. All fines collected will be contributed to the Eastern Section Southern Zone Travel Fund.

Scratch Rule: All finals heats will be governed by the current USA Swimming scratch rules, 207.12.6 D & E as found on page 73 and 74 of the 2010 Rules and Regulations. A swimmer qualifying for an A, B, C, or D final who neither scratches, nor declares that he may scratch, within 30 minutes after the announcement of qualifiers of that event is considered checked in. If a checked in swimmer fails to compete in finals, he shall be barred from the remainder of the meet unless excused by the referee. In order to give athletes ample time to prepare for their events in a D final, it is recommended that coaches scratch all swimmers through 50th place who do not plan on returning for the finals session.

If a swimmer wishes to scratch an event for prelims, he or she is encouraged to do so by 6:30 PM the day before the event is to be swum. Scratches should be made at the Clerk of Course's table.

There will be no penalty for failure to scratch prelims, but swimmers and coaches should remember that late entries will only be accepted for empty lanes. We therefore ask all coaches to declare any scratches to the Clerk of Course before the deadlines to insure full heats and the best competition opportunities possible for the athletes.

Scoring & Awards: Team awards will be presented to the top 6 men's teams, the top 6 women's teams, and the top 6 combined teams. Individual events will be scored as follows:

A Final—20, 17, 16, 15, 14, 13, 12, 11

B Final—9, 7, 6, 5, 4, 3, 2, 1

Relay points will be double those awarded for individual events.

Time Trials: Time trials to meet National Qualifying Standards may be held at the discretion of the Meet Referee. Time trial swims count towards the three events per day limit. Swimmers must be entered in the meet in order to participate in time trials. Swimmers must report to Clerk of Course, by 10:30 am, to file their intention to time trial. All fees must be paid when the intention is filed. Please note that events may be combined.

Time Trials events shall be swum in the following order:

Thursday-A	Friday-B	Saturday-C
A-B-C	B-C-A	C-A-B

Time trials for the 1500 Free and 800 Free will be offered on one day only if the timeline allows. The day these events are to be swum will be determined at the Coaches' meeting.

Coaches' Meeting: There will be a mandatory Coaches' Meeting in the Hospitality Room on Thursday, July 15th, at 7:45 AM.

All teams must provide a list of all coaches attending this meet by the entry deadline along with their team entries. Coaches must wear their registration card at all times on the deck.

Safety Marshal: Chris Carter: E-mail: ccarter1@uga.edu

Safety: In the interest of safety, coaches and swimmers shall observe all posted rules and conduct themselves in a safe and prudent manner. No one will be allowed to climb to the three, five, seven, or ten meter tower, the practice boards and mats, or the one and three meter diving boards for any reason. The Gabrielsen Natatorium, the Ramsey Student Center, Athens Bulldog Swim Club, and the University of Georgia will not accept responsibility for any person who climbs to an unsafe height for any reason. Coaches are reminded to tell their swimmers that the depth of the competition pool is 8 feet at the starting ends. Swimmers should always use caution when diving from the starting blocks.

Warm-up: Georgia Swimming, Inc. warm-up procedures will be in effect for the meet. See attached procedures. There will be an open warm up from 6:30 to 8:00 AM, after which pace and sprint lanes will be opened. Coaches must be USA-S certified and are required to supervise their swimmers during warm-up. No diving is allowed in the warm-up pool.

- Seating:** For meet management purposes and in compliance with safety regulations, only swimmers, coaches, and officials will be allowed on the pool deck. There will be no team seating on the pool deck, therefore swimmers are asked to keep food, swim bags, equipment, and related items in the area designated for spectators.
- Liability Release:** USA Swimming, Inc., Georgia Swimming, Inc., University of Georgia and Athens Bulldogs shall be free from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the meet. The attached liability release must accompany each team's entry.
- Officials:** ABSC welcomes visiting officials and would appreciate help in officiating this meet. Any certified official or apprentice registered with USAS is encouraged to contact the Meet Referee prior to the meet. All officials must wear current USA Swimming registration card while on deck and present current certification card at check-in. Officials without proper credentials will not be allowed on deck. Any officials who would like specific deck assignments are asked to contact the Meet Referee A.S.A.P. as the deadline for applications is June 1st.
- Certification for Officials** The Sectional Meet is designated as a National Championship certification meet for officials. Applicants for National Championship certification must officiate a minimum of four (4) sessions and attend briefings which are held one hour before each session. Applications to officiate can be found on the USA Swimming web site (www.usaswimming.org) or may be obtained from the Meet Referee.
- Meet Committee** A meet committee will be formed at the Coaches' Meeting. This committee will consist of two coaches, two swimmers, the Meet Referee, the Meet Director, and the Eastern Section Southern Zone Chairman.
- Comments** Any comments regarding the conduct of the meet, or problems that are not resolved in a satisfactory fashion should be communicated in writing to the Section Chairman, Jeff Rout gasswim@wctel.net
- Transportation:** The Atlanta Airport is served by all major airlines and rental car companies. From the airport to the pool travel I-85 north to GA 316 East. Travel east on GA 316 approximately 45 miles and follow the signs for 29N (do not take the first Athens exit, US 78 business). Exit onto the Athens Bypass (still 29N, just before Home Depot) and take the College Station Rd. exit. Turn left, and at second light turn right. The Ramsey Student Center is the building just to the left. The trip from the airport should take approximately an hour and a half depending on traffic.

Driving Directions

From the North: From Tennessee take I-75 S to 85 N to GA 316 E then follow directions above. From North Carolina take I-85 to 441 S to the Athens Perimeter (US 129/15 South and East); at College Station Rd exit turn right, then right on River Rd.

From the South: From south Georgia take I-75 N to Macon to 129 N to College Station Rd. exit turn left, then right on River Rd.

From the West: From Alabama take I-20 E to I-85 N to GA 316 then follow directions above.

From the East: From South Carolina take I-20 W to 78 N to to the Athens Perimeter (US 129/15 North and West); at College Station Rd. exit turn left, then right on River Rd.

Parking information will be posted on the ABSC website prior to the meet.

Meet Results:

After each session results will be posted on the Athens Bulldog Swim Club web site. A Hy-tek meet events file may be downloaded from the ABSC website as well (www.athensbulldogs.com).

Order of Events

The Qualifying Standards below are for Athletes registered with Eastern Section Southern Zone Teams.

Thursday, July 15th

Prelims Warm-up: 6:30 am

Meet Starts: 9:00 am

Finals Warm-up: 4:30 pm

Meet Starts: 6:00 pm

Women's Event Number	Qualifying Standard SCY	Qualifying Standard LCM	Event	Qualifying Standard LCM	Qualifying Standard SCY	Men's Event Number
1	10:42.79	9:33.49	800 Freestyle	8:59.39	10:05.89	2
3	2:12.09	2:31.29	200 Individual Medley	2:18.39	1:59.29	4
5	25.19	28.49	50 Freestyle	25.79	22.19	6
7	2:12.39	2:27.59	200 Butterfly	2:15.09	1:59.59	8

Friday, July 16th

Prelims Warm-up: 6:30 am

Meet Starts: 9:00 am

Finals Warm-up: 4:30 pm

Meet Starts: 6:00 pm

Women's Event Number	Qualifying Standard SCY	Qualifying Standard LCM	Event	Qualifying Standard LCM	Qualifying Standard SCY	Men's Event Number
9	1:56.49	2:12.39	200 Freestyle	2:01.69	1:46.79	10
11	1:00.99	1:10.29	100 Backstroke	1:03.39	54.49	12
13	4:40.89	5:18.39	400 Individual Medley	4:54.79	4:15.49	14
15	N/A	N/A	400 Freestyle Relay	N/A	N/A	16

Saturday, July 17th

Prelims Warm-up: 6:30 am

Meet Starts: 9:00 am

Finals Warm-up: 4:30 pm

Meet Starts: 6:00 pm

Women's Event Number	Qualifying Standard SCY	Qualifying Standard LCM	Event	Qualifying Standard LCM	Qualifying Standard SCY	Men's Event Number
17	5:09.59	4:37.69	400 Freestyle	4:19.89	4:48.59	18
19	1:00.39	1:07.89	100 Butterfly	1:00.69	53.59	20
21	1:09.09	1:18.79	100 Breaststroke	1:10.79	1:01.39	22
23	N/A	N/A	800 Freestyle Relay	N/A	N/A	24

Sunday, July 18th

Prelims Warm-up: 6:30 am

Meet Starts: 9:00 am

Finals Warm-up: 4:00 pm

Meet Starts: 5:30 pm

Women's Event Number	Qualifying Standard SCY	Qualifying Standard LCM	Event	Qualifying Standard LCM	Qualifying Standard SCY	Men's Event Number
25	54.19	1:01.49	100 Freestyle	56.69	48.79	26
27	17:56.69	18:17.69	1500 Freestyle	--	--	
	--	--	200 Breaststroke	2:34.19	2:13.59	28
29	2:29.39	2:49.89	200 Breaststroke	--	--	
			1500 Freestyle	17:13.49	16:49.79	30
31	2:11.49	2:30.39	200 Backstroke	2:17.39	1:58.59	32
33	N/A	N/A	400 Medley Relay	N/A	N/A	34

Please note that a TM File with events and time standards will be available for download at

www.athensbulldogs.com

Georgia Swimming

Meet Safety Guidelines and Warm-up Procedures

I. Meet Safety Guidelines

A. Coaches Responsibilities

1. Coaches shall instruct their swimmers regarding swimming safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall instruct their swimmers regarding swimming safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
3. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and at all practices.
4. Coaches should maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
5. Coaches should stand near the starting end of the pool when starting swimmers on sprint or pace work.

B. Host Team Responsibilities

1. Marshaling
 - a. A minimum of two marshals who report to and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session.
 - b. When ever a sprint lane is open, an additional Marshall must be assigned to that lane's starting block.
 - c. Marshals shall be members of United States Swimming.
 - d. Marshals shall have the authority to move from the deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety guidelines of warm-up procedures.
2. Host teams shall provide signs for each lane at both ends of the pool which indicate the designated use during warm-up.
3. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the meet information:
"Georgia Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet."
4. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
5. Hazards in locker rooms, on deck areas, used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
6. All starting platforms shall be anchored to the deck or bulkhead to remain stable at all times in accordance with United States Swimming rules.

C. Miscellaneous

1. Backstrokers shall insure 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.
2. During competition, backstrokers shall enter the water feet first when given permission by the starter to enter the water. The penalty for failure to comply is disqualification.

**2010 Speedo Champions Series—Eastern Section Southern Zone
Official Entry Summary**

Team Name _____

Official Abbreviation _____ Coach _____

Address _____

City _____ State _____ Zip _____

Phone Numbers (w) _____ (h) _____ (e-mail) _____

Total Individual Entries _____ X \$6.00 Entry fee =

Total Relay Entries _____ X \$11.00 Entry fee =

Total Swimmers _____ X \$20.00 Surcharge =

X \$2.00 GA Travel Fund
(Out of State Swimmers
Only) =

Total Due =

Make checks payable to: Athens Bulldog Swim Club

**Send Checks and Waivers to:
Athens Bulldog Swim Club
Attention: Rose Ferguson
520 Millstone Circle
Athens, GA 30605**

**Entries may be e-mailed to
kmtaylor85@gmail.com**

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach or team representative verify that all of the swimmers and coached listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the safety rules of USA Swimming and Georgia Swimming Inc. regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet. The University of Georgia, Athens Bulldog Swim Club, Georgia Swimming, Inc. and USA Swimming., its agents, employees and coached shall be free from any liability or claim for damages rising by reason of illness or injury to anyone during the conduct of this meet.

Signature/Title

Georgia Center for Continuing Education (Meet Sponsor)**1 mile to Natatorium; rooms from \$79 per night**

The Georgia Center has 200 newly renovated rooms and suites. Amenities include free wireless internet, flat screen televisions, an on-site fitness center, and four on site dining options, including a café serving Starbucks coffee. The Georgia Center will also provide Sectionals participants free shuttle service to the meet.

**1197 S. Lumpkin Sreet 1-800-884-1381
Athens, GA 30602****Best Western****4 miles to Natatorium**

Located in the Heart of Athens Historic District the Best Western features an elaborate continental breakfast. Each 3-diamond rated guest room is equipped with voice mail, microwave/refrigerator, coffee brewer, iron w/board, and electronic keycard door locks. Directly across from the famous Varsity Restaurant.

**170 N Milledge Avenue(706) 546-7311
Athens, GA 30601****Comfort Inn****7 miles to Natatorium**

The Comfort Inn offers each guest a complimentary continental breakfast and free local calls. Each room is equipped with a microwave, refrigerator, coffee maker, iron and ironing board, and hair dryer. The Comfort Inn also has a fitness center, an outdoor pool and a business center, with a computer available for use by their guests.

**3980 Atlanta Hwy (706) 227-970
Bogart, GA 30622****Courtyard by Mariott****7 miles to Natatorium**

The Courtyard by Mariott was renovated in 1998. It features a restaurant serving hot breakfast, a lounge, and exercise room, and outdoor pool with Jacuzzi, laundry facilities, and a southern style porch with rocking chairs. All rooms include a coffee maker, cable and HBO, computer data ports, electronic key card locks. Located two blocks from downtown.

**166 Finley Street (706) 369-7000
Athens, GA 30601****The Foundry Park Inn****2.5 miles to Natatorium**

Built in a village setting, The Foundry Park Inn is the newest most exclusive Inn and Spa in Athens. It is centrally located in Downtown Athens. Each room is equipped with a High Bed featuring feather down comforter & pillows, hair dryers and spa toiletries, two telephones lines with voice mail to accommodate your data port for internet access, ironing board & iron, coffee maker, AM/FM Clock Radio, Cable TV, and a complimentary weekday newspaper.

**295 East Dougherty(706) 549-7020
Athens, GA 30601****Hampton Inn****3 miles to Natatorium**

The Hampton Inn offers each guest a complimentary expanded continental breakfast and free local calls. Each room is equipped with a coffee maker, iron and ironing board, and hair dryer. The Hampton Inn also has a fitness center and a business center, with a computer available for use by their guests. The outdoor pool is available in the Spring and Summer.

**2220 West Broad (706) 548-9600
Athens, GA 30601****Hilton Garden Inn****5 miles to Natatorium**

The Hilton Garden in downtown Athens has 185 sleeping rooms located in the heart of historic downtown and across the street from the Classic Center., Athens's premier convention and performing arts center. The hotel is located 2 blocks from the UGA Campus with easy access to downtown restaurants, shops, and the world renowned music scene.

**390 East Washington (706) 354-6400
Athens, GA 30603****Holiday Inn****2 miles to Natatorium**

Holiday Inn is Athens' only full service and four diamond hotel with 308 guest rooms and suites. Holiday Inn guests enjoy the comfort of in house restaurant, lounge, meeting rooms for up to 300, exercise facility and indoor pool, sundeck and whirlpool. Deluxe accommodations are available. Across the street from Downtown and UGA Campus.

**197 E Broad Street (706) 549-4433
Athens, GA 30603****Holiday Inn Express****2.5 miles to Natatorium**

As one of Athens' newest hotels it features a deluxe continental breakfast bar, fitness and business center, outdoor pool, great rooms, free local calls, coffee maker, hair dryers, iron, and data ports.

**513 W Broad Street (706) 549-4433
Athens, GA 30603**