



SOUTHEASTERN SWIMMING SUMMER CHAMPIONSHIPS

LONG COURSE METERS

JULY 17-19, 2026

HUNTSVILLE AQUATIC CENTER

(HUNTSVILLE, AL)

In applying for the sanctioned meet on July 17-19, 2026, the Huntsville Swim Association, agrees to comply and to enforce health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, the State of Alabama and Madison County.

SES SANCTION NO: 26SEHSA7-17

TIME TRIAL NO: 26SEHSA7-17TT

HOST CLUB: Huntsville Swim Association

DATES OF MEET: July 17-19, 2026

ENTRY DEADLINE: OME will close Monday July 13, 2026 at 6:00pm CST

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming, and is a closed Championship competition for only those swimmers registered with Southeastern LSC 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. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. All coaches are required to sign in upon entry into the building and to show their coaching credentials. All Officials will wear their credentials on deck. In applying for this sanctioned event, HSA agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, the State of Alabama and all local governmental agencies.

MEET REFEREE: John Fox john.fox1@live.com

ADMIN OFFICIAL: Allison Proud huntsvilleswimao@gmail.com

TEAM LEAD CHIEF JUDGE: Mandy Johnson mjohnson@opelika-al.gov

STARTER: David Hudson noalalscrep@gmail.com

MEET DIRECTOR: Sara Hayles huntsvilleswimvolunteers@gmail.com

OME QUESTIONS: Brian Haddad southeasternswimming@hotmail.com

FACILITIES:

Huntsville Aquatics Center (2213 Drake Avenue SW Huntsville, AL 35805). Two Indoor 8 lane 50 meter pools. The 13 & over preliminary and 11 & over Finals pool has a consistent pool depth of 7 feet. The 12 & under prelims pool has a pool depth ranging from 4 feet to 12 feet. Automatic timing will be provided by Colorado Timing System with HYTEK interface. Manual back up will be used. Scoreboards will be available. The competition course has not been certified in accordance with 104.2.2C(4).

ELIGIBILITY:

Age groups are: 10&U, 11-12, 13-14, and Open. Age on the first day of the meet determines the age group for the entire meet. All swimmers shall be registered with Southeastern Swimming through United States Swimming, Inc. prior to the first day of the meet. There will be NO on-deck USA Swimming Registration available at the meet. A Southeastern-affiliated swimmer may compete as a member of a relay team whether or not they qualify for any individual events.

QUALIFYING TIMES:

The 2026 Southeastern Summer LC Championship Time Standards will be used as a qualifying time for all events.

Qualifying times must have been achieved between the period of September 1, 2024 and the entry deadline. Faster times achieved following the deadline will not be accepted in place of times already entered.

BONUS SWIMS:

Bonus entries are permitted if a swimmer has at least one 2026 Southeastern Swimming Summer LC Championships Qualifying Time. A swimmer with one qualifying time may swim up to three (3) bonus swims; two qualifying times, two (2) bonus swims; three qualifying times, one (1) bonus swims. Bonus entries must use a provable time achieved since September 1, 2024. NT will not be allowed for Bonus entry.

Please note the following exceptions to rules regarding Bonus Swims:

- 1) No Bonus Swims will be allowed in events 400 meters and longer
- 2) No Bonus Swims will be allowed in the 11-12 200 Back, 200 Breast, or 200 Fly
- 3) Bonus swims may not be used to achieve a max total of more than four individual entries (For example, if a swimmer has entered four individual events with the 2026 SES Summer LC Championship Qualifying Times, they MAY NOT enter a Bonus event)

TIME TRIALS:

Time Trials may be held at the conclusion of any preliminary or final session at a coach's or swimmer's request, and the Meet Referee's concurrence. Time Trials will not be allowed if a swimmer has already swum three individual events on that day. Fees: \$10.00 per individual event; \$10.00 per relay.

WARMUP AND COMPETITION TIMES:

Thursday Available Warmup: 5:00-7:00PM

13&Over Prelims (Friday, Saturday, Sunday) – Warmup 7:15-8:50AM / Competition 9:00AM

11-12 Prelims and 10&U Timed Finals (Friday, Saturday, Sunday) – Warmup 7:15-8:50AM / Competition 9:00AM

11&Over Finals (Friday, Saturday, Sunday) - Warmup 3:45-4:50PM / Competition 5:00PM

Sunday Distance Session – Competition will be planned to run until the beginning of Sunday Finals Warmup (3:45pm).

Start time TBA depending on the number of heats.

ENTRY INFORMATION & MEET FORMAT

TEAM ENTRY:

All entries must be completed through the USA Swimming OME system. This shall be the only accepted way to enter this meet. OME will be open for entries beginning Monday June 15, 2026, and close at 6:00pm CST on Monday July 13, 2026.

NOTE: Please wait until your athletes have exhausted all of their chances to qualify or improve seed times to finalize your entry and check out. The OME system does not allow for swimmers to change or delete a bonus swim once you check out of OME.

ENTRY LIMITS:

A swimmer may enter and swim **three (3)** individual events per day and no more than **six (6)** individual events in the meet. Once the Psych sheet is posted, a swimmer entered in the maximum number of events may not scratch one event to enter another event, except in cases involving a mistaken entry that may be corrected by the Meet Referee. Time Trial events count as one of the three events allowed on a given day, but do not count as one of the six individual events in the meet. Relay times should be listed for each entered relay (please use aggregate method of relay entry within OME). All participants, including relay only swimmers, must be entered in the meet by Friday July 18 at 9AM.

LATE ENTRIES:

Late entries (including relay only swimmers) will only be allowed on a lane available basis and must be entered by 9:00am on Friday July 18. No new heats may be formed.

ENTRY FEES:

Individual Events: \$8.00 per event

Relay Events: \$16.00 per relay

SES Surcharge: \$4.00 per athlete

Facility Surcharge: \$25.00 per athlete (includes downloadable heat sheet)

All entry fees will be paid via electronic invoice (if your institution requires check payment, make checks payable to Huntsville Swim Association).

MEET FORMAT:

- All 10&U events will be Timed Finals swum slowest to fastest with the exception of the 400 Free. All 11&Over individual events will be Prelims/Finals, except for 1500 meter Freestyles and the 11&12 200 Back, 200 Breast, 200 Fly,

and 400 Free.

- The 11-12 200 Back, Breast, and Fly will be contested as Timed Finals with the fastest heat competing during finals and all other heats competing during prelims.
- 11-12 Girls and Boys 400 Free will be swum as timed finals during prelims and swum fast to slow alternating Girls/Boys.
- 10&U Girls and Boys 400 Free will be swum as timed finals during prelims and swum fast to slow alternating Girls/Boys
- 13&O Girls and Boys 1500 Free will be swum combined as 13&Over but scored separately as 13-14 and Open. These events will be swum slow to fast alternating Girls/Boys and planned to end with the fastest heat of Boys 1500 Free leading right into the start of Sunday Finals warmup (approx 3:45pm).

All 13 & over prelim events will be swum in an eight lane course. All 12 & under prelim events will be swum in a seven lane course. 11-12, 13-14, and Open events will swim final and consolation final heats (top 16 prelims finishers). Exception: 13-14 400 IM and 400 Freestyle will only swim one "A" Final heat at night (top 8 qualifiers from prelims). All events 400 meters and longer will be deck-seeded with positive check-in by 9:00 AM. Meet management reserves the right to run chase starts during preliminaries if needed to improve timeline.

The 13-14 and Open Age Group 400 meter IM and 400 meter Freestyle events will be swum fast to slow in prelims alternating Girls/Boys. Per USA Swimming, only the fastest two heats will be circle seeded of the 400 meter IM and 400 meter Freestyle. The 13-14 event will be completed before starting the Open event.

13-14 and Open Relays will be deck seeded Timed Finals. 11-12 and 10&Under Relays are pre-seeded Timed Finals. Teams are limited to two relay entries in each relay event. All swimmers entered into the meet are considered eligible for relays. Relay cards will be distributed in coaches' packets. All 13& Over Relays will swim during the finals sessions on Friday and Saturday. 13-14 relays will be swum fastest to slowest alternating Girls/Boys. Open relays will then follow and will also be swum fastest to slowest alternating Girls/Boys. 13&Over relays will have a positive check-in at the Clerk of Course that must be completed by 5:00PM on the day of the event in order for the relay team to swim. 13&Over relays will swim at the end of the Finals sessions on Friday and Saturday. All 12&U Relays will swim at the beginning of their sessions on Friday and Saturday mornings and will be pre-seeded. To help with meet management and name accuracy it is asked that each team turn in relay cards to the Clerk of Course well in advance of the relays competing (Changes may be made up until the start of the heat when the team relay is scheduled to compete). To be clear, a team may substitute for a swimmer originally listed on the relay card so long as they are eligible to compete and the order of the swimmers may be changed up to the start of the team's heat by notifying the administrative referee or the lane timer at the blocks. Relay Entry Note: The OME system defaults your relay entry time to your team's all time fastest relay time and does not allow for a simple made up entry time. ***Coaches should use the aggregate relay builder to enter more accurate relay entry times (make sure events selected are LCM)***

RULES AND PROCEDURES

RULES:

In the interest of safety, coaches, officials and swimmers are asked to observe all posted pool rules and to conduct themselves in a safe manner. Only coaches, swimmers, officials, and volunteers will be allowed on deck. 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. Any swimmer entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, 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 or other designated areas is prohibited. No team, parent, or press photographers will be permitted on deck unless they have been issued a credential by the Meet Director. Under NO circumstances will video or still photography be allowed in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Acceptable areas include the side courses of the pools, team gathering areas, concession areas, and the turn-end of the competition pool when not in use as a "start end." Southeastern Swimming Safety Guidelines and Warm-up Procedures will be in effect. 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. Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present.

DECK SEEDED EVENTS AND SCRATCH PROCEDURES:

Swimmers must do Positive Check-In with the Clerk of Course for all deck-seeded individual events and for 13&Over relays. Positive Check-In deadlines are as follows:

DAY	EVENT	DEADLINE
Friday	13&O 400 IM	9:00am
	13-14, Open Free Relay	5:00pm
Saturday	13&O 400 Free	9:00am
	12&U 400 Free	9:00am
	13-14, Open Medley Relay	5:00pm
	13&O 800/1500 Free (Sun events)	End of Saturday finals

Swimmers or relays who do not check-in with the Clerk of Course by the deadline will be scratched from the event. Only the swimmer or his/her coach may check-in or scratch a swimmer. If swimming an event, the swimmer or his/her coach shall place their initials next to the swimmer's name. If scratching the event, the swimmer or coach shall draw a line through the swimmer's name and place their initials next to the swimmer's name.

SCRATCH RULES FOR PRELIM/FINALS EVENTS:

Swimmers qualifying for finals or consolation finals must notify the Clerk of Course within 30 minutes of the announcement of the qualifiers for that final that they may not intend to compete. They must further declare their final intention to scratch within 30 minutes of the posting of the last preliminary event of the session or they will be seeded into the event. **Scratches must be given to the Clerk of Course.** Any swimmer failing to properly scratch and failing to compete in a deck seeded event or in a consolation finals or finals event shall be barred from their next eligible event unless relieved for good cause by the Referee. The penalty for failing to properly scratch and failing to compete in a Sunday evening consolation final or final event is a \$25 fine.

SCORING:

Individual Events 1-8 (all age groups):	20-17-16-15-14-13-12-11
Individual Events 9-16 (all age groups):	9-7-6-5-4-3-2-1
Relay Events 1-8 (all age groups):	40-34-32-30-28-26-24-22
Relay Events 9-16 (all age groups):	18-14-12-10-8-6-4-2

AWARDS:

Awards will be provided by Southeastern Swimming.

- Medals will be given for 1st-8th place for individual events and 1st-4th for relays. Medals will not be mailed out for any reason. Coaches should pick up awards at the end of the meet.
- Banner will be awarded for the top scoring team in combined category (all relays scored in this category).
- "Best All Around" award will be awarded to top scoring individual for each age group for both girls and boys.
- Plaque will be awarded to age group team champions of each gender based on total individual points and the single highest-ranking relay.

MEETINGS:

- Coaches online zoom meeting will be planned for Wednesday July 15, 2026.
- If necessary, additional Coaches' meeting will be at 8:50AM, Friday July 17, 2026.
- Officials will meet 45 minutes before each session for deck assignments.
- Timers will meet on the deck 30 minutes before each session.

MEDICAL SERVICES AVAILABLE:

Huntsville Emergency Medical Services (HEMSI) will be on site at the meet.

OFFICIALS:

If you are interested in officiating at the 2026 SES Long Course Championship meet, please complete the application that will be available on the SES website at the following link:

<https://www.gomotionapp.com/team/szsslsc/page/members/officials>

There will be clinics held on Saturday and Sunday in the Officials Room, before the preliminary sessions that are open to any LSC official.

- Open Water, Friday 7:15 AM.
- Chief Judge, Saturday at 7:15 AM.
- Administrative Referee, Sunday at 7:15 AM.

MEET EVALUATION:

You are encouraged to send a meet evaluation to the Southeastern Swimming General Chairman:

Brad Kale (coastaquatics@gmail.com)

SOUTHEASTERN SWIMMING LC CHAMPIONSHIPS

FRIDAY JULY 17, 2026

13&OVER PRELIMINARY SESSION**WARM-UP: 7:15-8:50AM****COMPETITION: 9:00AM**

GIRLS	EVENT	BOYS
1	13-14 50 FLY	2
3	OPEN 50 FLY	4
5	13-14 200 FREE	6
7	OPEN 200 FREE	8
9	13-14 100 BREAST	10
11	OPEN 100 BREAST	12
13	13-14 100 BACK	14
15	OPEN 100 BACK	16
17	13-14 400 IM*	18
19	OPEN 400 IM*	20

*Deck-seeded Preliminaries; positive check-in by 9:00AM; Fast to Slow Alternating Girls/Boys

11-12 PRELIMINARIES & 10&UNDER TIMED FINALS SESSION**WARM-UP: 7:15-8:50am****COMPETITION: 9:00am**

GIRLS	EVENT	BOYS
25	10&U 200 FREE RELAY	26
27	11-12 200 FREE RELAY	28
29	10&U 200 FREE	30
31	11-12 200 FREE	32
33	10&U 100 BREAST	34
35	11-12 100 BREAST	36
37	10&U 50 BACK	38
39	11-12 50 BACK	40
	10 minute break	
41	11-12 200 BACK**	42

** 11-12 200 Back will be swum as Timed Finals with the fastest heat swimming during Finals session.
Remaining heats will swim in prelims

11&OVER FINALS SESSION**WARM-UP: 3:45-4:50PM****COMPETITION: 5:00PM**

Events from Prelims Starting with 13-14 50 Fly, Open 50 Fly, 11-12 200 Free.....relays at end of session

21	13-14 400 FREE RELAY*	22
23	OPEN 400 FREE RELAY*	24

*Relay positive check in due by 5:00 PM. Events will be swum fastest to slowest alternating Girls/Boys. Cards due to clerk of course by start of relay.

SOUTHEASTERN SWIMMING LC CHAMPIONSHIPS

SATURDAY JULY 18, 2026

13&OVER PRELIMINARY SESSION**WARM-UP: 7:15-8:50AM****COMPETITION: 9:00AM**

GIRLS	EVENT	BOYS
43	13-14 50 BACK	44
45	OPEN 50 BACK	46

47	13-14 200 FLY	48
49	OPEN 200 FLY	50
51	13-14 50 FREE	52
53	OPEN 50 FREE	54
55	13-14 200 BREAST	56
57	OPEN 200 BREAST	58
59	13-14 400 FREE*	60
61	OPEN 400 FREE*	62

*Deck-seeded Preliminaries; positive check-in by 9:00AM; Fast to Slow Alternating Girls/Boys

11-12 PRELIMINARIES & 10&UNDER TIMED FINALS SESSION

WARM-UP: 7:15-8:50AM

COMPETITION: 9:00AM

GIRLS	EVENT	BOYS
67	10&U 200 MEDLEY RELAY	68
69	11-12 200 MEDLEY RELAY	70
71	10&U 100 FLY	72
73	11-12 100 FLY	74
75	10&U 50 FREE	76
77	11-12 50 FREE	78
79	10&U 50 BREAST	80
81	11-12 50 BREAST	82
	10 minute break	
83	11-12 200 BREAST**	84
85	10&U 400 FREE*	86
87	11-12 400 FREE*	88

*10&U & 11-12 400 Free will be swum Timed Finals / Fast to Slow Alternating Girls/Boys; positive check-in by 9:00AM

**11-12 200 Breast will be swum as Timed Finals with the fastest heat swimming during the Finals session. Remaining heats will swim in prelims

11&OVER FINALS SESSION

WARM-UP: 3:45-4:50PM

COMPETITION: 5:00PM

Events From Prelims Starting with 13-14 50 Back, Open 50 Back, 11-12 100 Fly..... relays at end of session

63	13-14 400 MEDLEY RELAY*	64
65	OPEN 400 MEDLEY RELAY*	66

*Relay positive check in due by 5:00 PM. Events will be swum fastest to slowest alternating Girls/Boys. Cards due to clerk of course by start of relay.

SOUTHEASTERN SWIMMING LC CHAMPIONSHIPS

SUNDAY JULY 19, 2026

13&OVER PRELIMINARY SESSION

WARM-UP: 7:15-8:50AM

COMPETITION: 9:00AM

GIRLS	EVENT	BOYS
89	13-14 50 BREAST	90
91	OPEN 50 BREAST	92
93	13-14 200 BACK	94
95	OPEN 200 BACK	96
97	13-14 100 FREE	98
99	OPEN 100 FREE	100
101	13-14 200 IM	102
103	OPEN 200 IM	104
105	13-14 100 FLY	106
107	OPEN 100 FLY	108

	----session break----	
109	13-14 1500 FREE*	
	13-14 1500 FREE*	110
111	OPEN 1500 FREE*	
	OPEN 1500 FREE*	112

**Women's and Men's 1500 Free will each be swum combined 13&Over scored separately 13-14 and Open. Event will be conducted as Timed Finals, Slow to Fast Alternating Girls/Boys with fastest heats backing up to start of Finals warmup; check-in by end of finals on Saturday.

11-12 PRELIMINARIES & 10&UNDER TIMED FINALS SESSION

WARM-UP: 7:15-8:50AM

COMPETITION: 9:00AM

GIRLS	EVENT	BOYS
113	10&U 100 BACK	114
115	11-12 100 BACK	116
117	10&U 100 FREE	118
119	11-12 100 FREE	120
121	10&U 200 IM	122
123	11-12 200 IM	124
125	10&U 50 FLY	126
127	11-12 50 FLY	128
	10 minute break	
129	11-12 200 FLY*	130

*11-12 200 Fly will be swum as Timed Finals with the fastest heat swimming during the Finals session. Remaining heats will swim in prelims

11&OVER FINALS SESSION

WARM-UP: 3:45-4:50PM

COMPETITION: 5:00PM

Events From Prelims Starting with 13-14 50 Breast, Open 50 Breast, 11-12 100 Back, 13-14 200 Back.....

Order of Events for Evening Finals Sessions

FRIDAY			SATURDAY			SUNDAY		
GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS
1	13-14 50 FLY	2	43	13-14 50 BACK	44	89	13-14 50 BREAST	90
3	OPEN 50 FLY	4	45	OPEN 50 BACK	46	91	OPEN 50 BREAST	92
31	11-12 200 FREE	32	71	11-12 100 FLY	72	115	11-12 100 BACK	116
5	13-14 200 FREE	6	47	13-14 200 FLY	48	93	13-14 200 BACK	94
7	OPEN 200 FREE	8	49	OPEN 200 FLY	50	95	OPEN 200 BACK	96
35	11-12 100 BREAST	36	77	11-12 50 FREE	78	119	11-12 100 FREE	120
9	13-14 100 BREAST	10	51	13-14 50 FREE	52	97	13-14 100 FREE	98
11	OPEN 100 BREAST	12	53	OPEN 50 FREE	54	99	OPEN 100 FREE	100
39	11-12 50 BACK	40	81	11-12 50 BREAST	82	123	11-12 200 IM	124
13	13-14 100 BACK	14	55	13-14 200 BREAST	56	101	13-14 200 IM	102
15	OPEN 100 BACK	16	57	OPEN 200 BREAST	58	103	OPEN 200 IM	104
41	11-12 200 BACK	42	83	11-12 200 BREAST	84	127	11-12 50 FLY	128
17	13-14 400 IM	18	59	13-14 400 FREE	60	105	13-14 100 FLY	106
19	OPEN 400 IM	20	61	OPEN 400 FREE	62	107	OPEN 100 FLY	108

21	13-14 400 FREE RELAY	22
23	OPEN 400 FREE RELAY	24

63	13-14 400 MED. RELAY	64
65	OPEN 400 MED. RELAY	66

129	11-12 200 FLY	130



2026 SOUTHEASTERN SWIMMING SUMMER LC CHAMPIONSHIP QUALIFYING TIMES

Qualifying times must have been achieved since September 1, 2024

10&UNDER					11&12				
GIRLS			BOYS		GIRLS			BOYS	
LCM	SCY	CUTS	SCY	LCM	LCM	SCY	CUTS	SCY	LCM
37.89	33.19	50 Free	33.79	38.29	32.09	28.99	50 Free	28.19	32.59
1:24.09	1:13.79	100 Free	1:15.09	1:26.19	1:11.99	1:02.89	100 Free	1:03.49	1:14.39
3:00.69	2:43.29	200 Free	2:44.79	3:03.69	2:34.39	2:16.89	200 Free	2:20.59	2:39.39

6:13.39	6:57.39	400 Free	7:02.99	6:40.19
45.29	39.09	50 Back	39.19	46.19
1:36.79	1:24.39	100 Back	1:26.19	1:42.19
52.39	44.79	50 Breast	46.29	54.99
1:53.59	1:38.09	100 Brst	1:42.39	1:59.59
44.79	38.19	50 Fly	39.19	46.79
1:47.89	1:30.69	100 Fly	1:34.89	1:52.19
3:20.09	3:05.69	200 IM	3:08.29	3:34.89
2:31.59	2:12.79	200 FR	2:15.19	2:33.19
3:00.39	2:35.29	200 MR	2:38.49	3:06.29

5:21.79	5:56.19	400 Free	6:06.19	5:30.99
38.69	33.49	50 Back	34.49	39.79
1:22.69	1:12.59	100 Back	1:14.89	1:28.09
2:50.99	2:27.49	200 Back	2:21.99	2:46.69
44.49	37.59	50 Breast	38.59	46.19
1:38.29	1:22.59	100 Brst	1:26.09	1:42.39
3:14.49	2:48.99	200 Brst	2:41.39	3:07.19
35.79	31.89	50 Fly	32.69	38.09
1:24.49	1:12.19	100 Fly	1:14.39	1:29.29
2:53.39	2:30.59	200 Fly	2:24.99	2:48.29
2:57.89	2:35.09	200 IM	2:40.29	3:03.69
2:08.39	1:55.99	200 FR	1:52.79	2:10.39
2:31.09	2:11.99	200 MR	2:13.99	2:36.69

13&14			OPEN	
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GIRLS			BOYS	
LCM	SCY	CUTS	SCY	LCM
29.69	26.39	50 Free	24.79	27.89
1:04.19	57.19	100 Free	54.29	1:00.59
2:21.39	2:04.89	200 Free	2:00.09	2:16.29
4:58.09	5:34.99	400 Free	5:26.49	4:51.39
10:17.99	11:35.69	800 Free	11:00.79	9:58.39
19:56.49	19:36.49	1500 Free	18:40.99	19:01.29
34.69	30.29	50 Back	28.79	32.99
1:13.39	1:03.89	100 Back	1:01.69	1:10.69
2:41.29	2:20.89	200 Back	2:17.09	2:36.69
39.69	34.69	50 Breast	32.19	36.99
1:26.49	1:15.49	100 Brst	1:10.79	1:21.09
3:08.69	2:45.39	200 Brst	2:35.69	2:57.99

GIRLS			BOYS	
LCM	SCY	CUTS	SCY	LCM
28.69	25.09	50 Free	22.49	25.79
1:03.39	55.99	100 Free	48.99	55.79
2:17.79	2:00.29	200 Free	1:46.59	2:02.79
4:48.79	5:20.69	400 Free	4:52.49	4:24.79
10:02.49	11:12.99	800 Free	10:34.79	9:18.69
19:46.49	18:54.69	1500 Free	18:14.59	18:28.39
33.49	28.69	50 Back	25.89	30.19
1:12.19	1:01.99	100 Back	55.49	1:04.49
2:37.79	2:15.29	200 Back	2:05.29	2:22.69
38.49	32.89	50 Breast	28.89	33.59
1:23.79	1:11.59	100 Brst	1:03.59	1:13.79
3:01.89	2:36.49	200 Brst	2:21.19	2:40.89

32.19	28.69	50 Fly	28.29	31.89
1:11.19	1:03.39	100 Fly	1:03.09	1:10.69
2:50.69	2:32.29	200 Fly	2:25.79	2:43.79
2:41.59	2:22.39	200 IM	2:15.29	2:33.19
5:40.99	5:01.59	400 IM	4:52.79	5:32.29
4:16.79	3:48.79	400 FR	3:37.19	4:02.39
4:55.29	4:19.99	400 MR	4:09.89	4:43.09

31.19	27.39	50 Fly	25.09	28.39
1:10.19	1:01.79	100 Fly	54.39	1:01.69
2:39.99	2:19.29	200 Fly	2:04.89	2:20.89
2:37.69	2:16.99	200 IM	2:01.99	2:20.79
5:31.89	4:49.49	400 IM	4:24.49	5:04.49
4:13.59	3:43.99	400 FR	3:15.99	3:43.19
4:49.59	4:11.39	400 MR	3:42.49	4:15.79

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: huntsvilleswimvolunteers@gmail.com
Meet Referee Email: john.fox1@live.com
Disability Chair: southeasternswimming@hotmail.com

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach or team representative, verify that all the **swimmers** and **coaches** listed on the enclosed my team's entry are registered with 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. Huntsville Swim Association, City of Huntsville, Huntsville Parks and Recreation, Huntsville Aquatic Center, 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 OR CLUB OFFICIAL:	CLUB:
TITLE:	DATE: