



# 2016 Southern Zone Senior Long Course Championships

## August 2 - 6, 2016



Sponsored by: USA Swimming and Mississippi Swimming  
Hosted by: Shockwave Aquatics Swim Team  
[www.shockwaveaquatics.com](http://www.shockwaveaquatics.com)

**Meet Sanction:** Held under the sanction of USA Swimming and MSI Swimming. MSI #1601 and 1601TT

**Venue:** Tupelo Aquatic Center  
692 North Veterans Blvd  
Tupelo, MS 38804  
662.840.3768

**Directions:** Please use Google Maps and put in the address above for accurate directions

**Meet Updates:** Important updates and other useful information pertaining to the meet and local amenities will be available on Southern Zone website, located on the USA Swimming webpage, the Mississippi Swimming website ([www.msswim.org](http://www.msswim.org)), and the Shockwave Aquatics website ([www.shockwaveaquatics.com](http://www.shockwaveaquatics.com))

**Facility:** Indoor 8 lane (M) 16-lane (Y), 50 meter by 25-yard competition pool. The competition depth ranges from 4'6" to 12.5'. The pool setup includes six-inch Competitor lane lines, 4'6" minimum depth, with one movable bulkhead. Equipment includes Paragon Track Start Competitor blocks. The building is designed with permanent upstairs seating for 970 spectators. Continuous warm up/cool down pool is provided in a five lane 25-yard short course pool adjacent to the competition pool. Concessions, on-deck bleachers (for seating up to 500 swimmers only) and first aid will be provided. Parents and spectators are not allowed on the pool deck, unless they are timing or officiating.

### Pool

**Measurement:** The competition course is certified, in accordance with USA Swimming Rule 104.2.2(C) and a copy is on file with USA Swimming. The water depths of the competition course measure:

	Start End	Middle	Turn End
Competition Pool	7'5"	7'0"	4'6"

**Liability:** In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., Mississippi Swimming, Inc. (MSI), the Shockwave Aquatics Swim Team (SWAT), the City of Tupelo, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.

**Rules:** Meet to be conducted in accordance with the current USA Swimming rules and any current relevant sections of the Mississippi Policies & Procedures Manual will apply.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms.

Deck changes are prohibited.

**Athlete Eligibility:**

This competition is open to Southern Zone Teams only. All swimmers and teams must be currently registered members of USA Swimming. All swimmers must be registered prior to competing. Entries listed as “registration applied for” will not be accepted. Age is to be determined by the first day of the meet. All swimmers entered must meet or exceed the time standard for this meet in **EACH** event entered. Any swimmer who has achieved a current 2016 ConocoPhillips National Championship (US Open) qualifying time in that event (LCM, SCM,SCY) prior to the entry deadline is **INELIGIBLE** to compete in that event (or in the same stroke and distance on a relay) in the 2016 USA Swimming Southern Zone Senior Championship. 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.

**Meet**

<b>Management:</b>	<b>Meet Director</b> Barbara Aguirre 662.401.7550 barbara.aguirre@tupelo.gov	<b>Meet Referee</b> Wade Kojima 601.668.3201 wkojima@comcast.net	<b>Entries/Administrative Referee</b> Alissa Kojima 847.809.9550 southernzone.sr.entries@gmail.com
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**Entry Fees:**

- \$15.00 individual entries
- \$30.00 relays
- \$10.00 surcharge per swimmer
- \$20.00 per time trial
- The entry qualification period for this meet is January 1, 2015-July 25, 2016
- No Late entries will be accepted
- Entry limit: All swimmers may swim six (6) individual events maximum for the entire meet, three (3) individual events per day (including time trials), plus relays.
- The following “Bonus Event” Rule will be in effect for this meet: 1 qualifying time = 1 bonus swim, 2 qualifying times = 2 bonus swims, 3 qualifying times = 3 bonus swims.
- To enter a bonus swim, a swimmer must enter at the slowest yards qualifying time for that event. *Please indicate the bonus event entry by checking the appropriate box in your meet entry software.* Failure to identify each bonus event entered in this manner will result in the entry time being treated as a non-bonus event. Events 800 meters and longer **may not** be swum as Bonus Events.
- The six (6) individual events limit will not include time trials.

- Meet Format:**
- **Meet management reserves the right to adjust course breakdown and warm-up times based on number of entries.**
  - **Meet management also reserves the right to run the meet using chase starts from each end of the pool for preliminary heats in an effort to maximize the amount of time between the prelim and finals sessions each day.**
  - All events are prelim-finals with the exception of relays and the 800/1500 freestyle events; which are timed finals.
  - Finals will consist of D, C, B, and A heats; swum in that order.
  - All events will be pre-seeded except relays and distance events (400 meters and longer).
  - The 400 IM, 400 Free, 800 Free, 1500 Free, and all relays will be deck seeded. Entrants in these events must check-in and confirm their intentions to compete prior to the scratch deadline, for each event, in order to be seeded. Only the swimmer or his/her coach may check-in or scratch a swimmer. If swimming an event, the swimmer or his/her coach must circle the swimmer's name and initial it.
  - Swimmers who fail to check-in may swim only if an open lane is available without creating another heat.
  - The 800 Freestyle is a timed finals event and will be swum fastest to slowest, alternating women and men. The check-in deadline for the 800 Freestyle is 4:15 PM on Tuesday.
  - Seeded heats for the 800 Freestyle shall be published and available at approximately 4:45 PM Tuesday, August 2, 2016.
  - The 1500 Freestyle is a timed finals event. The fastest eight (8) women and the fastest (8) men, who check-in and do not elect to swim in prelims, will swim during Saturday's finals. All other heats will be swum, fastest to slowest, alternating women and men as the last event of Saturday's prelim session. The check-in deadline for the 1500 Freestyle is 9:00 AM on Saturday, August 6, 2016.
  - Seeded heats for the 1500 Freestyle shall be published and available at approximately 10:30 AM Saturday, August 6, 2016.
  - The 400 IM and 400 Freestyle will be swum prelim/finals. In prelims, these events will be swum the fastest three (3) women's heats and the fastest three (3) men's heats with championship seeding used. After these heats are swum, the remaining heats will be swum alternating women and men, fast to slow.
  - For individual event distances 400 and less, the events will be pre-seeded with heats organized according to USA Swimming Rules 102.5. Seeding individual events shall be as follows: all conforming times will be arranged in time order, non-conforming short course meter times will be arranged in time order followed by non conforming yard times. Bonus swimmers will be arranged in random order after the times that meet the qualifying standard and after arranging the times provided above, the event will be seeded in normal fashion.
  - Teams may enter two (2) entries per relay event. Additional entries per relay event may be entered as exhibition relays only. Relay cards will be distributed in the coaches' packets (available Tuesday morning). Card must be completely and properly filled out and submitted to the Admin Referee by 4:30 PM on the day of the event. The cards will remain with the Admin Referee and heat sheets will be distributed and posted as soon as possible. Each card must contain the first and last name and ages for all swimmers eligible to compete (there is not a limit to the number of eligible swimmers). The competing swimmers must be listed in the order in which they will swim. Any changes in the names of the competing swimmers or their order must be declared to the lane timer prior to the start of the heat in which the relay is entered; Relay cards not received by the deadline will be considered scratches.
  - Seeding will be by LCM, then SCM times, followed by SCY times. Times may not be converted.
  - Deck entries for individual and relay events will be permitted into open lanes only on a first-come first served basis. Deadline for deck entries is 30 minutes before the start of the meet. All deck entered swimmers must present current USA Swimming card in order to be entered. No new heats will be created. Swimmers not previously entered in the meet will be charge double entry fees.
  - All USA Swimming registration numbers will be verified.
  - The meet will be conducted according to this meet information and the MSI Policies and Rules. A swimmer that misses their assigned heat will not be entered into another heat unless circumstances are beyond the swimmer's control as determined by the meet referee and the swimmer may be allowed to swim.
  - No refunds will be given.
  - Warm Up procedures: All MSI and USA Swimming safety guidelines will be enforced.
  - Warm up/warm down are will be open during warm ups and competition at the discretion of the meet referee.

- Scratch Rule:**
- Coaches with swimmers entered in more than three events per day must scratch a swimmer from the excess events. Coaches are encouraged not to over enter swimmers.
  - Scratches for pre-seeded events shall be confirmed by properly filling out a scratch card and placing it in the scratch box prior to the scratch deadline. The scratch box will be located outside the Admin Office. Empty lanes will be filled with on-deck entries.
  - A 'failure to swim' a positive check-in event or Finals A, B, C, or D will result in the swimmer being fined \$50.00, cash only, payable to the Admin Referee. Upon receiving payment of fine, the swimmer will be eligible to continue competing in the meet. All no show fines must be paid prior to the swimmer being permitted to swim in his/her next event including relays.
  - Swimmers who qualify for the finals must declare their intentions to scratch Finals A, B, C or D within thirty minutes to the Administrative Referee after the announcement of the finalists for that event, then must declare their final intention to scratch by filling a scratch card within 30 minutes following the posting of the last preliminary event from that day.

- Swim Offs:**
- It is the coaches' and swimmer's responsibility to check for ties leading to swim-offs. Swim-offs will be swum immediately following the preliminary session or not more than 45 minutes after the last heat of any event in which any one of these swimmers is competing in that session. Any swimmer not present for a swim-off will be dropped to the lower place.

- Time Trials:**
- Time trials will be conducted after the preliminaries, and/or after finals at the discretion of the Meet Referee. Time trial fees must be paid upon entry at the Admin Office. Entries will be accepted, by the Admin Referee, and will close one hour before the end of prelims (timed finals) each day. Time trials shall not count towards the maximum number of events for the meet, but shall count to the maximum number of events per day. 800/1500 distance events will be offered on Tuesday and Saturday only and may be combined with the slowest heat(s) during the preliminary (timed finals) session. Time trial events will not be scored and will be separated by at least one empty lane from the swimmers with qualifying times. **Each swimmer swimming in a time trial will be required to provide their own timer.**

- Time of the :**
- Tuesday Warm-ups: 3:30 p.m.; Timed Finals at 5:00 p.m.
- Meet**
- Wednesday - Saturday Warm-ups: 7:00 a.m.; Preliminaries 9:00 a.m.
  - Wednesday - Saturday Warm-ups: 4:00 p.m.; Finals 5:30 p.m.
  - **\*Note: Warm-ups and Finals will start 30 minutes later if prelims finish after 12:30 p.m.**
  - Meet Management reserves the right to adjust warm-up and meet start times based upon the number of entries and timeline of the meet. Teams will be notified of any changes in the timeline via email.

- Entries:**
- Times must be from USA Swimming meets. Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved {short course yards (SCY), short course meters (SCM) or long course meters (LCM)}. There are to be no conversions from yards to meters or meters to yards.
  - Long course meters shall be the conforming course for this long course championship meet and events shall be seeded with conforming times first, followed by non-conforming short course meter (SCM) times, followed by non-conforming short course yard (SCY) times. Entries with a NO TIME (NT) are not permitted.
  - **Clubs should submit a single check, payable to Shockwave Aquatics, for the full amount due. All fees must be paid prior to any swimmer entering the pool. Entry fees for events not swum will not be refunded nor will a credit be given.**
  - Please use swimmer's full name, age, and sanctioned times. Entries on disc using SD3 format are strongly encouraged. Clubs or individuals not submitting entries electronically will be subject to a \$10.00 per swimmer entry surcharge. Go to [www.hy-tek.com](http://www.hy-tek.com) to download Team Manager II Lite if your club does not possess team management software. You must submit paper back up and your signed team summary sheet for verification.

**Entry Deadline: All entries must be received by 11:59 p.m., Tuesday, July 26, 2016.**

**Updated and last chance swims will be accepted until noon August 1, 2016.**

***MS Swimming does not accept deck registrations. All swimmers entered must be registered at the entry deadline.***

**Mail Completed entries to:**

**Southern Zone Senior LC Championship**

**c/o Alissa Kojima**

**172 Whisper Lake Blvd**

**Madison, MS 39110**

**Please send certified or express mail with signature release**

**Email:** Send electronic entries to [southernzone.sr.entries@gmail.com](mailto:southernzone.sr.entries@gmail.com). Emailed entries must also be accompanied by a .doc or .pdf file export summary of individual entries by swimmer, relays by event and fee summary. Make checks payable to Shockwave Aquatics. Non electronic entries are subject to a \$10.00 surcharge per swimmer.

**Disability Entries:** We will offer the opportunity to include USA Swimming members with disabilities in our meet and highly encourage their participation. Swimmer's disability must satisfy the definition of a disability as outlined in USA Swimming Rules and Regulations: A permanent physical or mental impairment that substantially limits one or more major life activities. Swimmers with disabilities may compete, earn awards, and score points for their team in the same manner as able bodied swimmers. Entries for swimmers with disabilities should be submitted with the team's entry file. The coach or athletes are responsible for notifying the Referee of any accommodations that are required in accordance with USA Swimming Rule 105.1.2A.

- Awards:**
- Team Awards: 1<sup>st</sup>-3<sup>rd</sup> Combined; 1<sup>st</sup>-3<sup>rd</sup> Women; 1<sup>st</sup>-3<sup>rd</sup> Men
  - Individual Events: USA Medals for 1<sup>st</sup> - 8<sup>th</sup> place.
  - Relays: USA Medals for 1<sup>st</sup> - 8<sup>th</sup> place.
  - Awards for the Top 8 will be presented immediately following the conclusion of the Championship Final (Final A) of each event.

**Scoring :** Individual Events: **32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1**  
Relay Events: **64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2**

- Coaches Eligibility:**
- All coaches must be a current member in good standing with USA Swimming and present their credentials to receive their coaching packet. Coaches' credentials should be visible at all times.
  - Coaches' Meeting: A coaches' meeting will be held at 2:30 p.m. prior to the start of the Tuesday Timed Final session. The referee may call other coaches' meetings as needed.
  - One coach from each team may pick up the team's packet at the Admin Office. Packets can be picked up and payment made beginning at 10:00 a.m. Tuesday, August 2. Finals heat sheets, relay cards and announcements will be available at the Admin Office.

**Other Information:** **Officials:** Individuals wishing to officiate at this meet should contact the Meet Referee. Officials will meet beginning one hour prior to the start of competition in the Hospitality Room. Officials are required to show proof of current USA Swimming Non Athlete Registration and current USA Swimming Official's Credentials. There will be a link set up by the Meet Referee for on-line sign up for officiating, although on-site sign ups will be welcome as well. This meet will be an Official's Qualifying Meet. Officials interested in advancing their national level qualifications for N2 or N3 levels for stroke and turn and starter should complete a request to be evaluated form. This form can be found on the Officials News Page of the Southern Zone.

**Meet Eligibility Jury:** A Meet Eligible Jury will be formed by the Championship Meet Referee after the entries have been received as deemed necessary. This jury will be comprised of three (3) individuals as follows: one coach, one athlete, and one official. This jury will meet and determine the outcome of any protests affecting the eligibility of any swimmer to compete or to represent any team/organization.

**Meet Committee:** A meet committee will be formed by the Meet Referee prior to the start of the first session of the meet. This jury will consist of not less than three (3) and not more than five (5) persons, at least one of whom must be a coach and one an athlete.

**Hospitality:** Hospitality will be provided and is open to all registered coaches and officials in the Hospitality Room. Swimmers, spectators and children are not permitted in the Hospitality Room.

**Concessions:** Concessions will be available for swimmers and spectators.

**Lost and Found:** Lost and Found items can be found on the pool deck. Items not picked up by the end of the meet or requested by Wednesday, August 10, will be donated. Any items requested to be mailed will be mailed at the owner's expense.

**Spectator Seating:** Reserving seats before, between or during sessions is not allowed. Tents, chairs and inflatable mattresses are not allowed. Certain items such as coolers and stadium seats are restricted - please see attached "Tupelo Aquatic Center Rules and Regulations Policy" attachment

**Deck Seating:** RESERVING OF SEATS ON DECK IS NOT ALLOWED. Team seating will be provided. Each competing team is permitted one temporary banner, placed at the discretion of the Aquatics Director. Team banners must not exceed 5' by 8'. No handmade signage is allowed to be hung in the Aquatics Center.

**Alternate Contact Person:** Merrie Hughes, shockwavewebmaster@gmail.com, 662.891.2464

## 2016 Southern Zone Senior LC Championships

**August 2-6, 2016**

Held under the sanction of USA Swimming Issued by MS Swimming: Sanction Number 1601 and 1601TT

### Meet Schedule and Qualifying Times

**Tuesday, August 2, 2016**

Women				Event	Men			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #
1	10:10.59	9:57.49	11:22.69	800 Free	10:38.29	9:18.59	9:35.69	2
<b>10 minute Break</b>								
3	NTS			200 Medley Relay	NTS			4
<b>5 minute Break</b>								
5	NTS			200 Free Relay	NTS			6
<b>5 minute Break</b>								

7	200 MIXED Medley Relay				NTS			
<b>5 minute Break</b>								
8	200 MIXED Free Relay				NTS			
All heats of the 800 Freestyle will be swum fastest to slowest, alternating women's and men's heats. The 200 Medley Relay and the 200 Free Relay will be swum fastest to slowest, all women's heats, then all men's heats. The check in deadline will be 4:15 p.m. for the 800 Freestyle and 4:30 p.m. for both relays.								

**Wednesday, August 3, 2016**

Women				Event	Men			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #
9	1:05.49	1:03.49	:57.49	100 Free	:51.99	:57.39	:59.59	10
11	2:57.99	2:52.39	2:35.99	200 Breast	2:21.99	2:36.89	2:42.89	12
13	2:35.49	2:29.59	2:15.29	200 Back	2:04.49	2:17.59	2:22.69	14
15	2:35.59	2:31.39	2:16.99	200 Fly	2:05.89	2:19.09	2:22.89	16
17	100 Breast Q-Time			50 Breast	100 Breast Q-Time			18
<b>5 minute Break</b>								
27	NTS			800 Free Relay	<b>(To Be Swim on Thursday)</b>			
Women's 800 Free Relay to be swum fastest to slowest. Relay check in time is 4:30 p.m.								

**Thursday, August 4, 2016**

Women				Event	Men			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #
19	100 Back Q-Time			50 Back	100 Back Q-Time			20
21	2:21.09	2:16.89	2:03.89	200 Free	1:53.59	2:05.49	2:10.79	22
23	5:35.09	5:25.39	4:54.49	400 IM	4:32.19	5:00.79	5:10.99	24
25	100 Fly Q-Time			50 Fly	100 Fly Q-Time			26
<b>10 minute Break</b>								
(To Be Swim on Wednesday)				800 Free Relay	NTS			28
Men's 800 Free Relay to be swum fastest to slowest. Relay check in time is 4:30 p.m.								

**Friday, August 5, 2016**

Women				Event	Men			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #
29	1:12.79	1:09.19	1:02.69	100 Back	:57.29	1:03.29	1:06.79	30
31	4:55.99	4:48.49	5:29.69	400 Free	5:07.79	4:29.39	4:36.69	32
33	1:23.09	1:20.09	1:12.49	100 Breast	1:05.09	1:11.89	1:15.59	34
35	1:10.79	1:09.09	1:02.59	100 Fly	:56.49	1:02.39	1:04.29	36
<b>10 minute Break</b>								
37	NTS			400 Free Relay	NTS			38
The 400 Free Relay will be swum 2nd fastest heat of women, 1st fastest heat of women. Then 2nd fastest heat of men, 1st fastest heat of men. All remaining heats will alternate women and men, fastest to slowest. Relay check in time is 4:30 p.m.								

Saturday, August 6, 2016								
Women				Event	Men			
Event #	LCM	SCM	SCY		SCY	SCM	LCM	Event #
39	2:39.49	2:33.29	2:18.69	200 IM	2:06.79	2:20.09	2:26.39	40
41	:30.39	:29.29	:26.59	50 Free	:23.79	:26.29	:26.79	42
43	19:36.29	18:52.09	18:58.69	1500 Free	17:53.29	17:47.09	18:19.89	44
10 minute Break								
45	NTS			400 Medley Relay	NTS			46
The 400 Medley Relay will be swum 2nd fastest heat of women, 1st fastest heat of women. Then 2nd fastest heat of men, 1st fastest heat of men. All remaining heats will alternate women and men, fastest to slowest. Relay check in time is 4:30 p.m.								

For Finals Saturday night, the event order will be:

- Women's 1500 (fastest heat)
- 200 IM
- Men's 1500 (fastest heat)
- 50 Free
- 400 Medley Relay

### Order of Events for Time Trials

Tuesday, August 2, 2016		Wednesday, August 3, 2016		Thursday, August 4, 2016		Friday, August 5, 2016		Saturday, August 6, 2016	
Event #	Event	Event #	Event	Event #	Event	Event #	Event	Event #	Event
101-102	800 Free	201-202	100 Free	301-302	50 Back	401-402	100 Back	501-502	200 IM
103-104	200 M.R.	203-204	200 Breast	303-304	200 Free	403-404	400 Free	503-504	50 Free
105-106	200 F.R.	205-206	200 Back	305-306	400 IM	405-406	100 Breast	505-506	400 M.R.
		207-208	200 Fly	307-308	50 Fly	407-408	100 Fly	507-508	100 Free
		209-210	50 Breast	309-310	800 F.R.	409-410	400 F.R.	509-510	200 Breast
		211-212	50 Back	311-312	100 Back	411-412	200 IM	511-512	200 Back
		213-214	200 Free	313-314	400 Free	413-414	50 Free	513-514	200 Fly
		215-216	400 IM	315-316	100 Breast	415-416	400 M.R.	515-516	50 Breast
		217-218	50 Fly	317-318	100 Fly	417-418	100 Free	517-518	50 Back
		219-220	800 F.R.	319-320	400 F.R.	419-420	200 Breast	519-520	200 Free
		221-222	100 Back	321-322	200 IM	421-422	200 Back	521-522	400 IM
		223-224	400 Free	323-324	50 Free	423-424	200 Fly	523-524	50 Fly
		225-226	100 Breast	325-326	400 M.R.	425-426	50 Breast	525-526	800 F.R.
		227-228	100 Fly	327-328	100 Free	427-428	50 Back	527-528	100 Back
		229-230	400 F.R.	329-330	200 Breast	429-430	200 Free	529-530	400 Free
		231-232	200 IM	331-332	200 Back	431-432	400 IM	531-532	100 Breast
		233-234	50 Free	333-334	200 Fly	433-434	50 Fly	533-534	100 Fly
		235-236	400 M.R.	335-336	50 Breast	435-436	800 F.R.	535-536	400 F.R.
								537-538	1500 Free

\*\*\*Time Trials for the 1500 Free may be swum in open lanes of the regular 1500 at the meet referee's discretion\*\*\*



**2016 Southern Zone Senior LC Championships**

**August 2-6, 2016**

Held under the sanction of USA Swimming Issued by MS Swimming: Sanction Number 1601 and 1601TT

**Coaches:**

**Please use this checklist to make sure you return all the required items. This form must be filled out and included with your entry.**

\_\_\_\_\_ Financial Summary Form (including email address).

\_\_\_\_\_ Hard copy of entries

\_\_\_\_\_ Check for all fees (payable to Shockwave Aquatics)

**I certify that this entry is completed to the best of my ability and that all swimmers entered have achieved the entry time required in each event.**

-----  
**Coach's Signature**

-----  
**Date**

\_\_\_\_\_  
**Coach's Printed Name**

\_\_\_\_\_  
**Club Name**

\_\_\_\_\_  
**Abbreviation**

**2016 Southern Zone Senior LC Championships**

**August 2-6, 2016**

Held under the sanction of USA Swimming Issued by MS Swimming: Sanction Number 1601 and 1601TT

Meet Entry Summary Sheet

Please complete LEGIBLY

Team Name \_\_\_\_\_ Abbreviation \_\_\_\_\_

Coach(s) \_\_\_\_\_

Team Contact Person \_\_\_\_\_

Home/Cell Phone Number \_\_\_\_\_ Work Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Team Mailing Address \_\_\_\_\_

Number of Swimmers \_\_\_\_\_ X \$10.00 surcharge per swimmer \$ \_\_\_\_\_

Number of Individual Events \_\_\_\_\_ X \$15.00 each \$ \_\_\_\_\_

Number of Relays \_\_\_\_\_ X \$30.00 each \$ \_\_\_\_\_

Number of Swimmers \_\_\_\_\_ X \$10.00 surcharge per swimmer \$ \_\_\_\_\_

\*\* Only for non electronic submission of entries\*\*

**TOTAL Amount Enclosed** (checks payable to Shockwave Aquatics) \$ \_\_\_\_\_

I, the undersigned coach or team representative, verify that all the swimmers and coaches listed on the enclosed entry forms are registered with USA Swimming. USA Swimming, Mississippi Swimming, Shockwave Aquatics Swim Team and the City of Tupelo, MS, its agents, employees, and coaches shall be held free from any liability or claim rising by reason of injury to anyone during the conduct of the meet.

Signature/Title \_\_\_\_\_

Welcome to the Tupelo Aquatics Center. We ask that while you are on any of our premises you abide by the following Facility Safety Rules and Regulations and make sure parents, swimmers, and other guests understand the need for safety at all times. Thank you and enjoy your visit.

## Facility Safety Rules and Policies

Tupelo Aquatic Center highly recommends that all swimmers follow the CDC “Healthy Swimming Policy” by showering before entering the pool.

Tupelo Aquatic Center is a tobacco, alcohol and weapons free property. No smoking within 25 feet of any entrance of the Tupelo Aquatic Center. The use of vapor e-cig is prohibited.

Glass containers are not allowed in or around the facility. This applies to parking lot areas.

One Cooler per team allowed. NO glass allowed in coolers.

Chewing gum is not permitted anywhere in the pool area.

**Deck Pass Requirements:** Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. Deck pass credentials must be worn at all times.

All spectators will be prohibited from seating on the deck. Participants and spectators are **not** allowed to lean or stand in front of the rails blocking the view of seated spectators.

Folding chairs are not allowed on the deck of the Tupelo Aquatic Center. Climbing to and from the deck bleacher to permanent bleachers is not permitted.

Each competing team is permitted one temporary banner, placed at the discretion of the Facility Mgr or Meet Director. Team Banners must not exceed 5’x8’.

Teams are expected to clean up their respective areas at the conclusion of each session.

Participating in any activity that can be interpretive or described as “risky” or “horseplay” is prohibited at the Tupelo Aquatic Center facility.

The use of flash photography or making noise at the start of any race is prohibited. Other noise makers are prohibited.

Blocking or restricting the fire lanes or emergency exits is strictly prohibited.

Expressions of physical or verbal abuse to any staff member or other user of the facility will not be allowed.

No profanity.

No misuse of equipment.

No public displays of affection.

Tupelo Aquatic Center is not responsible for lost or stolen items.

Designated security personnel are empowered to enforce any and all regulations of Tupelo Aquatic Center.

Your safety is our biggest concern. Our safety staff will have on lifeguard shirts and will be available to assist you with any needs. Let them know of any safety issues you detect and please follow all requests for safety first.

## Acknowledgement

Team Name: \_\_\_\_\_

Head Coach: \_\_\_\_\_

I agree, on behalf of my organization that:

I have received a copy of the Tupelo Aquatic Centers Facility Safety Rules and Policies for this event.

I understand the responsibility for ensuring that all members of the organization and their guests comply with these safety rules and regulations.

I understand that additional copies are available upon request to the meet director.

I affirm that all coaches of my organization have up to date CPR/First Aid/AED certifications, background checks/ water safety training for Swim Coaches/ Athlete Protection training and have any other specific training or liability coverage (USA Non-athlete membership) as required by the organization's national governing body.

I affirm that all chaperones or officials of my organization have current background checks, current USA Swimming non-athlete membership, and Athlete protection training.

Head Coach Signature \_\_\_\_\_ Date \_\_\_\_\_

Team Name: \_\_\_\_\_