



**ENSWORTH AQUATICS**  
**Ensworth Aquatics vs. Excel Aquatics**  
**October 10-11, 2026**

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA 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.

In applying for the sanctioned meet on Oct. 10-11, 2026, the Ensworth Aquatics, agrees to comply and to enforce health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, the State of Tennessee and Davidson County.

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**ENSWORTH AQUATICS**  
**Ensworth Aquatics vs. Excel Aquatics**  
**October 10-11, 2026**

**SANCTION NUMBER:**  
**SANCTION NUMBER FOR TIME TRIAL:**  
**HOST CLUB:** Ensworth Aquatics

**LOCATION:**  
The Ensworth School  
7401 Highway 100  
Nashville, TN 37221

**FACILITY:**  
The Ensworth School offers a 10-lane, 25-yard competition pool, with a 6.5 foot minimum depth, non-turbulent lane lines, a fully automatic electronic timing system, and a scoreboard with lane/time/place display. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**RULES & NOTES:**

- Unless otherwise noted herein, this meet shall be conducted in accordance with current USA Swimming Rules and Regulations.
- Please note that 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.
- 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.

- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.
- In the interest of safety and accident prevention, 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 are allowed on deck.
- Coaches must show either current USA Swimming membership card or deck pass at coaches' check in and make them available throughout the meet at the request of officials.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- Warm up times may be modified based on the meet's timeline.
- A timeline will be published before the start of the meet.
- 12 & UNDER TECH SUITS: No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet. A Technical Suit is one that has the following components:
  - a.) Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
  - b.) Any suit which includes woven fabric extending past the hips
- Chase starts may be considered based on number of entries.
- Chairs are permitted on the balcony overlooking the pool, but must be placed against the back wall, not against the railing.
- Swimmers attending the meet without a coach must communicate with the meet director before the start of the meet for warm up placement with the host team.
- MEDICAL SUPERVISION: Certified Lifeguards will be on duty during the course of the meet. AED are available on site in the back lobby next to concessions, and additional one on the second floor by the entrance to the stairs. All additional Medical services will not be available on site.

#### **OFFICIALS:**

|                 |                                                                                |
|-----------------|--------------------------------------------------------------------------------|
| Meet Referee:   | Susan Hammond <a href="mailto:shammond8@hotmail.com">shammond8@hotmail.com</a> |
| Admin Official: | Courtney Bahr <a href="mailto:eaqmeets@gmail.com">eaqmeets@gmail.com</a>       |
| Meet Director:  | Lynne Falk <a href="mailto:eaqmeets@gmail.com">eaqmeets@gmail.com</a>          |
| Entries Chair:  | Zac Gammons <a href="mailto:eaqadmin@ensworth.com">eaqadmin@ensworth.com</a>   |

All officials are welcome. Any officials planning on attending the meet and working some or all sessions should contact the Meet Referee. There will be an officials meeting 45 minutes prior to the meet. Attire for officials is white over black, with black shoes and socks.

## **WARM UP & MEET START TIMES:**

Saturday Morning Session October 10, 2026-

Warm ups- 8:00am  
Competition- 9:30am

Saturday Midday Session October 10, 2026-

Warm ups immediately following completion of the morning session, competition one hour after the morning session concludes.

Sunday Morning Session October 11, 2026-

Warm ups- 8:00am  
Competition- 9:30am

Sunday Midday Session October 11, 2026-

Warm ups immediately following completion of the morning session, competition one hour after the morning session concludes.

## **WARM UPS:**

Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet.

## **ELIGIBILITY:**

USA Swimming registered athletes only may participate. Entries will not be accepted without current registration numbers. Coaches and officials must present evidence of certification (Card/DeckPass) as required by SES Swimming. A swimmer's age on the first day of the meet will determine the age for the entire meet. On deck USA Swimming registrations are not permitted.

## **DISABILITIES:**

Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with entries. Coaches are asked to check-in before the meet with the Meet Director for any accommodations. (see attached Disabled Swimmer Form)

## **ENTRIES DEADLINE:**

Meet Entries, release forms, and entry fees including surcharges must be received by the Entry Chair by **5:00 p.m. on October 1, 2026.**

Entries are to be submitted to:  
Meet Entries Chair: Zac Gammons  
Ensworth Aquatics

EAqMeets@gmail.com  
7401 Highway 100  
Nashville, TN 37221

**MEET FEES:**

\$10.00 per individual event

\$20 per relay event

\$20.00 facility fee per athlete

\$4.00 per athlete for Southeastern Swimming (SES) surcharge

Please make checks payable to The Ensworth School, Attn. Ensworth Aquatics.

All entry fees are non-refundable.

Please mail to:

The Ensworth School - Attn. Ensworth Aquatics  
7401 Highway 100  
Nashville, TN 37221

**DECK ENTRIES:**

Deck Entry into the meet is not permitted. All competing athletes must be entered into the meet prior to the start of the first session. Late Entries (for athletes already entered but adding an event) will be permitted if lane space is available in an existing heat. New heats will not be created for Late Entries.

**LIMITS:**

Athletes are limited to 4 individual events and 1 relay per session.

**AWARDS:**

Ribbons will be awarded to the top 8 athletes in each event. This is a Timed Finals meet. All races will be swum in a 25-yard course.

**HEAT SHEETS:**

Only electronic heat sheets will be available. These will be available on the Ensworth Aquatics website in a printable format.

<https://www.teamunify.com/EventsCurrent.jsp?team=sees>

**NOTE:**

HYTEK event file, psych sheet, results and other meet information will be posted on the Ensworth Aquatics website as it becomes available.

<https://www.teamunify.com/EventsCurrent.jsp?team=sees>

**TIME TRIALS:**

The time trial events are at the discretion of the Meet Referee. Only a coach can request a time trial by requesting with the meet director or meet referee. Swimmers may time trial but may not exceed the 6 events per day USA Swimming limit. Fees for additional time trials at the conclusion of the meet shall be \$20.00 per individual event. Time trial swimmers will need to provide two timers. Time Trial requests must be turned in at least one hour prior to the scheduled end of the session.

### **EVALUATION:**

Please send any specific problems or concerns about the meet that are not resolved during the meet or to your satisfaction in writing immediately to the chairperson of Southeastern Swimming:

Brian Haddad: [southeasternswimming@hotmail.com](mailto:southeasternswimming@hotmail.com)

### **PARKING:**

A note will go to coaches just before the meet outlining parking and other facility information.

### **POSITIVE CHECK IN:**

Positive check- in deadlines for distance events will be behind the starter area:

Saturday-

13 & Over 1000 yard Freestyle

10:00am

12 & Under 1000 yard Freestyle

30 Minutes after session start

Sunday-

13 & Over 1650

10:00am

12 & Under 500 Freestyle

30 Minutes after session start

## MEET EVENTS:

**Saturday Morning October 10, 2026**

**Warm ups: 8:00am**

**Competition begins: 9:30am**

| <b>Girls</b> | <b>Events</b>                 | <b>Boys</b> |
|--------------|-------------------------------|-------------|
| 1            | 13 & Over 200 IM              | 2           |
| 3            | 8 & Under 25 Free             | 4           |
| 5            | 13 & Over 50 Free             | 6           |
| 7            | 8 & Under 25 Butterfly        | 8           |
| 9            | 13 & Over 100 Butterfly       | 10          |
| 11           | 8 & Under 100 Free            | 12          |
| 13           | 13 & Over 200 Free            | 14          |
| 15           | 8 & Under 25 Breast           | 16          |
| 17           | 13 & Over 50 Breast           | 18          |
| 19           | 13 & Over 200 Breast          | 20          |
| 21           | 8 & Under 25 Back             | 22          |
| 23           | 13 & Over 100 Back            | 24          |
|              | Break                         |             |
| 25           | 8 & Under 200 Freestyle Relay | 26          |
| 27           | 13 & Over 200 Freestyle Relay | 28          |
| 29           | 13 & Over 1000 Free           | 30          |

## Saturday Midday October 10, 2026

*Warm ups following completion of the morning session.*

| Girls | Events                    | Boys |
|-------|---------------------------|------|
| 31    | 12 & Under 200 Breastroke | 32   |
| 33    | 9-10 50 Freestyle         | 34   |
| 35    | 11-12 50 Freestyle        | 36   |
| 37    | 10 & Under 100 Butterfly  | 38   |
| 39    | 11-12 100 Butterfly       | 40   |
| 41    | 10 & Under 200 Freestyle  | 42   |
| 43    | 11-12 200 Freestyle       | 44   |
| 45    | 9-10 50 Breastroke        | 46   |
| 47    | 11-12 50 Breastroke       | 48   |
| 49    | 10 & Under 100 Backstroke | 50   |
| 51    | 11-12 100 Backstroke      | 52   |
| 53    | 12 & Under 100 IM         | 54   |
|       | Break                     |      |
| 55    | 9-10 200 Freestyle Relay  | 56   |
| 57    | 11-12 200 Freestyle Relay | 58   |
| 59    | 12 & Under 1000 Freestyle | 60   |

**Sunday Morning October 11, 2026**

**Warm ups: 8:00am**

**Competition begins: 9:30am**

| <b>Girls</b> | <b>Events</b>                 | <b>Boys</b> |
|--------------|-------------------------------|-------------|
| 61           | 13 & Over 400 IM              | 62          |
| 63           | 8 & Under 50 Butterfly        | 64          |
| 65           | 13 & Over 50 Butterfly        | 66          |
| 67           | 13 & Over 200 Butterfly       | 68          |
| 69           | 8 & Under 50 Breaststroke     | 70          |
| 71           | 13 & Over 100 Breaststroke    | 72          |
| 73           | 8 & Under 100 IM              | 74          |
| 75           | 13 & Over 100 Freestyle       | 76          |
| 77           | 8 & Under 50 Freestyle        | 78          |
| 79           | 13 & Over 200 Backstroke      | 80          |
| 81           | 13 & Over 50 Backstroke       | 82          |
| 83           | 8 & Under 50 Backstroke       | 84          |
| 85           | 13 & Over 200 Freestyle Relay | 86          |
| 87           | 8 & Under 200 Freestyle Relay | 88          |
|              | Break                         |             |
| 89           | 13 & Over 1650 Freestyle      | 90          |

## Sunday Midday October 11, 2026

*Warm ups following completion of the morning session.*

| Girls | Events                    | Boys |
|-------|---------------------------|------|
| 91    | 12 & Under 200 IM         | 92   |
| 93    | 9-10 50 Butterfly         | 94   |
| 95    | 11-12 50 Butterfly        | 96   |
| 97    | 12 & Under 200 Backstroke | 98   |
| 99    | 10 & Under 100 Breastroke | 100  |
| 101   | 11-12 100 Breastroke      | 102  |
| 103   | 9-10 100 Freestyle        | 104  |
| 105   | 11-12 100 Freestyle       | 106  |
| 107   | 9-10 50 Backstroke        | 108  |
| 109   | 11-12 50 Backstroke       | 110  |
| 111   | 12 & Under 200 Butterfly  | 112  |
| 113   | 9-10 200 Freestyle Relay  | 114  |
| 115   | 11-12 200 Freestyle Relay | 116  |
|       | Break                     | 118  |
| 117   | 12 & Under 500 Freestyle  | 118  |

## 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:

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Accommodations requested: Examples: Lane #, inside lane, starter side preference, assistance to the blocks, water start, hand signals, etc.

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Information gathered on this form will only be used for swimmers accommodation during the meet, and forwarded to the SE LSC Disability chair for purposes of evaluation and tracking swimmers attendance and performance.

The Disability Chair and meet management welcome any feedback and or comments concerning your meet experience.

|                   |                                                                                                      |
|-------------------|------------------------------------------------------------------------------------------------------|
| Disability Chair: | Shantel Perry <a href="mailto:southeasternswimming@hotmail.com">southeasternswimming@hotmail.com</a> |
| Meet Referee:     | Susan Hammond <a href="mailto:shammond8@hotmail.com">shammond8@hotmail.com</a>                       |
| Meet Director:    | Lynne Falk <a href="mailto:eaqmeets@gmail.com">eaqmeets@gmail.com</a>                                |
| Entries Chair:    | Zac Gammons <a href="mailto:eaqmeets@gmail.com">eaqmeets@gmail.com</a>                               |

## 2026 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:

.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 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.

All swimmers, coaches, meet directors and officials involved with USA Swimming competition must be registered.

I 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. Ensworth Aquatics, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees, and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

|                                      |       |
|--------------------------------------|-------|
| Signature of Coach or Club Official: |       |
| Print Name:                          |       |
| Title:                               |       |
| Phone:                               |       |
| Club:                                | Date: |

## TEAM ENTRY FORM

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

Address \_\_\_\_\_

LSC \_\_\_\_\_ Head Coach \_\_\_\_\_

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

Email \_\_\_\_\_ Fax # \_\_\_\_\_

Coaches Attending

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Number of Attached Swimmers \_\_\_\_\_  
Number of Unattached Swimmers \_\_\_\_\_  
**Total # of Swimmers** \_\_\_\_\_

### SUMMARY OF FEES

*Make checks payable to: The Ensworth School, Attn: Ensworth Aquatics*

# of Swimmers: \_\_\_\_\_ X \$4.00 SES Surcharge = \$ \_\_\_\_\_  
# of Relays teams: \_\_\_\_\_ X \$20.00 per relay Entry Fee = \$ \_\_\_\_\_  
# of Events: \_\_\_\_\_ X \$10.00 per event Entry Fee = \$ \_\_\_\_\_  
# of Athletes: \_\_\_\_\_ X \$20.00 per athlete Facility Fee = \$ \_\_\_\_\_

**TOTAL DUE: \$** \_\_\_\_\_