2026
Ho Ho Ho
Invite
Brentwood, TN
December 12, 2026

2026 Ho Ho Ho Invite

Hosted by Excel Aquatics
December 12, 2026
Sanction # 26SEXCEL12-12 Time Trial # 26SEXCEL12-12TT

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming. USA Swimming technical and administrative rules will be followed in addition to items specifically addressed in the meet information. In applying for the sanctioned meet on December 12, 2026, Excel Aquatics agrees to comply with and enforce health and safety mandates and guidelines of USA Swimming, Southeastern Swimming, the State of Tennessee, and Williamson County.

LOCATION

Williamson County Indoor Sports Complex - 920 Heritage Way, Brentwood, TN 37027
Parking is available in the main ISC parking lot and south overflow lot.
Absolutely NO parking in the Brentwood Police Parking Lot.

MEET MANAGEMENT

Meet Director	Lori Biller	tlbiller@comcast.net
Meet Referee	Laura DeMotte	Officials@excelaquatics.org
Admin Official	Threasa Conley	conleyt@rcschools.net
Entry Chairperson	JJ Langhals	entrychair@excelaquatics.org

FACILITIES & TIMING

Two indoor 8-lane, 25-yard competition pools. Non-turbulent lane lines. 7-foot minimum, 10-foot maximum. Paddock racing blocks for all events. Fully automatic Omega electronic timing system and scoreboard with lane/time/place display. Manual back-up timers will be used. Continuous warm-up/warm-down pool. Spectator seating is provided for approximately 800 people. Competition course has been certified in accordance with USA Swimming rules 104.2.2C(4).

ELIGIBILITY

All participants must be USA Swimming registered athletes. Entries will not be accepted without current registration numbers. Entries listed as "registration applied for" will not be accepted. There will be NO on-deck USA Registration available at this meet. The swimmer's age on the first day of the meet will determine his or her age for the entire meet. **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.** No coaches will be allowed on the pool deck without providing current USA Swimming Registration credentials.

SWIMMERS WITH DISABILITIES

Swimmers with disabilities are welcome and must complete the Information Form for Disabled Swimmers and return it with entries. The coach is responsible for contacting the Meet Referee with specific requests by the entry deadline, so if it is within the host team's ability, the host has time to make provisions for the athlete's accommodation request.

MEET ENTRY CRITERIA

Excel Aquatics has sole discretion to determine which entries to accept. In exercising this discretion, Excel Aquatics will consider strength of entry and level of competition, balance of age groups and gender in entries, and number of officials provided by team. Teams will be notified of their acceptance into the meet the day after the deadline closes. Each team entry file is their official request for invitation into the meet but does not guarantee acceptance.

RULES & SAFETY

All USA Swimming and SES safety rules will be strictly enforced. As a sanctioned competitive event, USA Swimming athlete members must be under the supervision of an USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director shall assist the athlete in making arrangements for such supervision. Insurance regulations require that all swimmers, coaches, stroke & turn judges, starters, administrative officials and referees be a current member of USA Swimming, Inc. It is each club's responsibility to register their swimmers, coaches, and officials. Swimmers, coaches, officials and administrative officials who are not current members of USA Swimming, Inc. may not participate in the meet nor be on the pool deck. Only meet workers, coaches, officials, and swimmers will be allowed on the pool deck. Workers and officials will only be allowed on deck during the session that they are assigned to work. Coaches must be able to access their current USA Swimming coaching credential at all times. The Meet Director reserves the right to ask for coaching credentials and/or deny deck access if the coach does not comply or the credentials are no longer valid/current. No glass containers or bottles are allowed inside the facility at any time. No running or horseplay will be tolerated. MEDICAL SUPERVISION: For the safety of all athletes, coaches, officials, and spectators at the meet, the following medical supervision may be available throughout the competition: Lifeguards will always be present and act as first responders. An AED device is available and located in the main lobby. In the event of a serious injury or medical emergency, EMTs will be called.

SAFE SPORT

Current USA Swimming and Southeastern Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. All 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 MAAPP is a condition of participation in the conduct of this competition. The Southeastern Swimming Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms or control rooms. Access to the main locker rooms is restricted to swimmers only. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. Deck changes are prohibited. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach area, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Athletes are not allowed to use the ISC hallway restrooms. These restrooms are for the ISC patrons, staff, spectators, coaches, officials and volunteers. Athletes should use the locker room restrooms.

LIMITATIONS

The meet host reserves the right to conduct the meet in one, two, or three sessions per day and in one or two pools based upon the number of entries. Further, the meet host may change the start time of any session. If this decision is made, all teams will be notified of the new start time and schedule of events.

12 & UNDER TECHNICAL SUITS

Technical suits may not 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:

- Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- Any suit which includes any woven fabric extending past the hips.

TIME TRIALS

Time Trials may be held at the conclusion of any session at a coach or swimmer's request AND the Meet Referee's concurrence. The $15.00 fee must be paid at signups. Time Trial events count as one of the events allowed on a given day.

ENTRIES

All events will be Timed Finals. All athletes may enter up to four (4) individual events per day

Entry times should be in Short Course Yards (SCY). The required method of entry is email. Teams must submit their entry in a zipped file via email. A printed report including full name, USA number, event numbers, and entry times of all swimmers must be included with the entry. This report will serve as the official entry form. Individual entries and a signed release with fee summary must be mailed within 72 hours of the meet entry deadline. Deck/Late entries will be accepted only at the Meet Referee's discretion, in an open lane, first come, first served basis and only until 30 minutes prior to the beginning of each session of the meet. No new heats will be formed. Accepted deck/late entries will be charged $15.00 per event. Pay immediately upon acceptance. All entry fees are non-refundable. Time Trial events count as one of the events allowed on a given day.

EMAIL ENTRIES

The following guidelines must be followed for email entries:

1. Official entry forms and all entry fees are due by Saturday, November 28, 2026.
2. The email entry must be zipped so that it arrives to the Entry Chair intact.
3. The club's entire entry must be sent in one email. Please do not flood the Entry Chair with several emails.
4. Once submitted, please allow the Entry Chair time to review your submission.
5. Updating entry times is acceptable, but no new entries can be submitted.

All teams are to fill out the enclosed Team Information Form, including the names and contact numbers for all registered officials that are willing to serve as a meet official during the weekend.

FEES

$9.50 per individual event ($15.00 late fee, deck entry or time trial)
$24.00 per swimmer facility surcharge
$4.00 per swimmer SES surcharge
Please make checks payable to Excel Aquatics. All entry fees are nonrefundable.

ENTRY DEADLINE

The entry deadline will be Saturday, November 28, 2026, at 11:59pm CDT.

Completed entries should be submitted via e-mail to:

Excel Aquatics Ho Ho Ho Invite Entry Chair, JJ Langhals at entrychair@excelaquatics.org

Completed forms should be mailed to:

Excel Aquatics Ho Ho Ho Invite Entry Chair
920 Heritage Way, Brentwood, TN 37027

FORMS FOR ENTRY

The following forms are included as an integral part of this meet invitation and are required for entry:

- SES Waiver, Acknowledgement and Liability Release Form
- Team Information Form and Summary of Fees
- SES Information Form for Disabled Swimmers
- Southeastern Swimming and Excel Aquatics Warm-up Guidelines for General Warm-up

FORMAT
1 pool. 2 Sessions. Timed finals for all events. Events will be seeded slowest to fastest. Breaks may be added at the discretion of the Meet Referee.

SESSION	WARM-UP	COMPETITION
1. Saturday AM (11 & Over)	7:00am	8:15am
2. Saturday PM (10 & Under)	Immediately following the conclusion of the morning session	One hour after the start of warm-ups

A timeline will be posted on the website prior to the meet.

WARM-UP PROCEDURES
Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet. Continuous warm-up/warm-down will be available in a 25-yard warm-up/warm-down pool. Warm-up assignments will be posted on the Meet Event Page and on deck prior to the start of the meet warm-up. Alternatively, warm-ups will be conducted as open warm-ups with dedicated pace and sprint lanes announced as the need occurs. Swimmers attending the meet without a coach must report to the Meet Director to be assigned a coach for warm-up prior to each session unless their coach has submitted a Swimmer Assignment form prior to the meet.

SCORING & AWARDS
No Team Scoring.
Ribbons will be given for 1st-8th place for all events.

OFFICIALS
Visiting officials are welcome and encouraged to participate. Please email the Meet Referee at Officials@excelaquatics.org with your level of certification and sessions desired. Dress code is white polo shirt, black pants/shorts/skirt, and black shoes for all sessions. Officials' briefings take place in the hospitality room 1 hour prior to the start of each session.

COACHES
No coaches will be allowed on the pool deck without proof of current USA Swimming Registration indicating full coaching privilege. Coaches, please show proof at the Volunteer table in the front hallway. Deck Pass will be accepted as proof. An 8 & Under clerk of course will be offered for athletes that choose to use it. Coaches, please make sure to take home all of your team awards. They will not be mailed.

SPECTATORS
Admission is free. Parking is available in the main parking lot and south overflow lot. **Absolutely NO parking in the Brentwood Police Parking Lot**. Spectator seating is provided for approximately 800 people. Spectators are not allowed to hang out in the main hallway during the meet. No outside food or coolers are allowed inside the pool area. Concessions will be sold on site. **Spectators must comply with all signs or verbal directions from meet officials limiting or restricting the use of certain areas for seating or standing.** No smoking, vaping or chewing tobacco allowed inside the building. 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". See the "cheat sheet" on the Excel Ho Ho Ho event page for more information. For this meet, a Bullpen and Clerk of Course will be available for 8 & under swimmers that choose to use it.

PSYCH SHEETS & HEAT SHEETS
Psych sheets will be available online at www.excelaquatics.org by the Wednesday prior to the meet. Heat sheets will be available online at www.excelaquatics.org the day before the meet. Heat sheets will not be sold at the meet.

RESULTS
Results will be posted on Meet Mobile and on the Excel Aquatics website.

HOSPITALITY
Breakfast and lunch will be provided for coaches and officials.

CONCESSIONS
Concessions will be sold on site.

RECYCLING
Excel Aquatics is supporting the SES Recycling Initiative at its hosted meets. Please look for additional information posted at the swimming venue and assist Excel Aquatics with the initiative.

MEET EVALUATION
Please send comments, suggestions or evaluations concerning this meet to:
General Chair Interim – Tim Bauer – tbauer@tnaqaquatics.com

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Order of Events

SESSION 1: SATURDAY AM – 11 & Over Warm-up: 7:00 AM Competition: 8:15 AM

Girls	Event	Boys
101	200 Freestyle	102
103	50 Butterfly	104
105	100 Breaststroke	106
107	50 Backstroke	108
109	100 IM	110
111	100 Freestyle	112
113	50 Breaststroke	114
115	100 Butterfly	116
117	100 Backstroke	118
119	200 IM	120
121	50 Freestyle	122

11-12, 13-14 and 15-up will swim together with results listed separately.
Meet breaks may occur at the discretion of the Meet Referee.

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Order of Events

SESSION 2: SATURDAY PM – 10 & Under

Warm-up: Immediately following the AM session Competition: 1 hour after the start of warm-ups

Girls	Event	Boys
123	200 Freestyle	124
125	50 Butterfly	126
127	100 Breaststroke	128
129	8 & Under 25 Backstroke	130
131	100 Freestyle	132
133	100 Butterfly	134
135	50 Breaststroke	136
137	8 & Under 25 Freestyle	138
139	50 Backstroke	140
141	100 IM	142
143	50 Freestyle	144
145	8 & Under 25 Breaststroke	146
147	100 Backstroke	148
149	8 & Under 25 Butterfly	150
151	200 IM	152

Meet breaks may occur at the discretion of the Meet Referee.

UNACCOMPANIED SWIMMER COACHING ASSIGNMENT FORM

Name of Meet: _____

Date(s): _____

The following swimmers from _____ (swimmer's team) will not be accompanied by a team coach and therefore I request that the Meet Referee/Meet Director assign them to a coach for all purposes during the meet sessions on the dates noted above. Each of the swimmers listed below are certified as proficient in performing a racing start unless specifically noted otherwise (non-certified swimmers must start each race from within the water).

_____

Coach's Signature Date

Swimmer's Names:

I agree to act as coach for the above-named swimmer(s) during the pre-meet practice, warm-up, and competition.

_____

Assigned Coach's Signature Date

_____

Assigned Coach's Team Name

SOUTHEASTERN LSC INFORMATION FORM FOR SWIMMERS WITH A DISABILITY

This non-mandatory form is for accommodation purposes.

Swimmer's name: _____

Address: _____

Team: _____USA Registration #_____

Age and date of birth: _____

Events: _____

Type of Disability: ☐Blind ☐Deaf ☐Cognitive/Intellectual ☐Physical ☐Other

Extent of disability:

_____

The following person(s) will accompany the swimmer for any needed assistance:

_____

Accommodations requested:

_____

_____

_____

Information gathered on this form will only be used for the swimmer's accommodation during the meet and forwarded to the SE LSC Disability Chair for purposes of evaluation and tracking swimmer's attendance and performance. The Disability Chair welcomes any feedback or comments concerning your meet experience.

Meet Director	Lori Biller	tlbiller@comcast.net
Meet Referee	Laura DeMotte	Officials@excelaquatics.org
Disability Chair Interim	Brian Haddad	southeasternswimming@hotmail.com

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WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I, the undersigned coach, or team representative, verify that all the swimmers and coaches listed on the enclosed entry are registered with USA Swimming and in compliance with required certifications. 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. EXCEL AQUATICS, Williamson County Parks and Recreation, Indoor Sports Complex, City of Brentwood, Southeastern Swimming, Inc. and USA Swimming, Inc., their agents, officers, representatives, volunteers, 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 my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.
I further acknowledge my understanding of the following USA Swimming rule regarding registration:

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.

302.3- 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.

SIGNATURE OF COACH OR CLUB OFFICIAL:	
CLUB:	
TITLE:	DATE:

TEAM INFORMATION

CLUB NAME:			**INITIALS:**
ADDRESS:			
LSC:	**HEAD COACH:**		
CONTACT PERSON:			**PHONE NUMBER:**
FAX NUMBER:	**CELL PHONE:**		**EMAIL:**
COACHES ATTENDING:	**1.**		
	2.		
	3.		
	4.		
CERTIFIED OFFICIALS WHO MAY WISH TO WORK:	**1.**		
	2.		
	3.		
	4.		
NUMBER OF SWIMMERS ENTERED:		**ATTACHED:**	
		UNATTACHED:	
		TOTAL:	

Summary of Fees

NUMBER OF SWIMMERS:		**X $4.00 SES SURCHARGE =**	
NUMBER OF SWIMMERS:		**X $24.00 FACILITY SURCHARGE =**	
NUMBER OF IND. EVENTS:		**X $9.50 PER EVENT ENTRY =**	
TOTAL DUE:			

Southeastern Swimming and Excel Aquatics Meet Safety Guidelines and Warm-up Procedures

1. Coach's responsibilities
    1. Coaches shall instruct swimmers regarding swimming safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
    2. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and at all practices.
    3. Coaches should stand near the starting end the pool when starting swimmers on swim or pace work.
2. Host team responsibilities
    1. Marshaling
        A. A minimum of two (2) marshals, who report to and receive instructions from the Meet Director, shall be on deck during the entire warm-up session.
        B. Whenever a sprint lane is opened an additional marshal must be assigned to that lane's starting block.
        C. Marshals shall have the authority to remove from the deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety guidelines or warm-up procedures.
    2. 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: "Southeastern Swimming Meet Safety Guidelines and Warm- up Procedures will be in effect at this meet."
    3. Hazards in locker rooms, on the deck, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
    4. All starting platforms shall be anchored to the deck or bulkhead to remain stable at all times in accordance with USA Swimming Rules.
    5. All music played during warm-up times shall be kept at a level that will allow coaches and marshals to communicate with the athletes. The volume of the music may be turned up after the pool is cleared, and before the start of the meet to raise the excitement level for the competition.
3. Safety Guidelines
    1. Swimmers shall enter the water feet first from the ends of the pool at all times during the warm-up session. Entering from the sides of the pool is forbidden.
    2. Swimmers shall not wear swim fins, hand paddles or any other equipment that could injure other swimmers or damage equipment (touch pads). The use of soft swim mitts is permissible.

C. Swimmers shall swim in a circular pattern during general warm-up.

1. Practice starts from the blocks are only permitted in designated sprint lanes under the direct supervision of the coach.
2. Backstroke swimmers 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 backstroke swimmer waiting to start.
3. Warm-up Procedures when teams are assigned to specific lanes
    a. Participating teams shall be assigned to specific lanes for the warm-up period based on the number of participants.
    b. The coaches of the teams assigned to each lane shall determine the warm-up procedure for that lane. Procedures must adhere to USA Swimming safety rules.

c. Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner.
d. Warm-ups may be segregated by gender, by age group or any mixture of the two in order to keep the number of swimmers warming up as equal as possible.
e. The host club may choose to divide the teams into different warm-up sessions in order to have an entire team's athlete's warmup together. In this case, teams should be assigned to "early" and "late" warm-up sessions on different days so that no team has an advantage over another.