



**ABSC Fall Five 2018**  
**Gabrielsen Natatorium, University of Georgia**  
**Athens, Georgia –October 20<sup>th</sup> – 21<sup>st</sup>, 2018**

**Held under the sanction of USA Swimming,  
issued by Georgia Swimming.**

**Sanction#: GA 18-\_\_\_**

In granting this sanction it is understood and agreed that USA Swimming, Georgia Swimming, University of Georgia and Athens Bulldog shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Host Club:** Athens Bulldog Swim Club

**Meet Director:** Jonathan Foggin E-mail: jonathan@athensbulldogs.com

**Meet Referee:** Sharon Logan Email: snefflogan@gmail.com

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

The meet will take place in the Gabrielsen Natatorium's state of the art 50m x 25yd competition pool which maintains a consistent depth of 8 feet throughout. Depending on numbers, one or two eight lane 25 yard courses may be used for competition during the meet. An eight lane 25yd warm-up/down pool will be available throughout the course of the meet. A Colorado System 6 timing system, non-slip touch pads, non-turbulent lane lines, and 8-lane score boards will be used. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming and Georgia Swimming.

**Eligibility:** Open to USA-S registered athletes with ABSC, MAAC, TARA, TG, WRA and other invited guests. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

**Format:** All events will be timed finals. 400 IM and 500 Free will require positive check-in.

**Saturday, October 20<sup>th</sup>, 2018**

Session Warm-up	12:00 PM – 12:50 PM
Session Start	1:00 PM

**Sunday, October 21<sup>st</sup>, 2018**

Session Warm-up	8:00 AM – 8:50 AM
Session Start	9:00 AM

- Entries:** Swimmers may enter up to five events per day. The cost will be \$4.50 per event. There will be a \$15.00 per individual facility surcharge.
- Entry Due Date:** All meet entries must be received by Friday, October 12<sup>th</sup>.
- Warm-up:** Georgia Swimming, Inc., warm-up procedures will be in effect for the meet. There will be a controlled warm-up period before prelims in order to assure space for all swimmers. A warm-up schedule will be distributed to all teams. Warm-up marshals will be assigned to monitor warm-up. Coaches must be USA-S certified and are required to supervise their swimmers during warm-up.
- USA-S Membership:** All swimmers must be registered with USA-Swimming. All coaches must be members of USA-S and must meet current safety training requirements. Any coach not having current USA-S certification will be barred from the deck. Deck Pass will be accepted as proof of registration. On-deck athlete registrations will not be accepted during this event.
- Safe Sport:** In the interest of safety, coaches and swimmers shall observe all posted rules and conduct themselves in a safe and prudent manner. Coaches are reminded to tell their swimmers that the depth of the competition pool is 8 feet at the starting ends. Swimmers should always use caution when diving from the blocks. Spectators are asked to remain in the stands.
- Coaches are advised to supervise their swimmers closely 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. No glass containers or bottles are allowed inside the facility at any time. No running or horseplay will be tolerated. Access to the main locker rooms is restricted to swimmers only.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
- Deck changes are 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. 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.
- Swimmers entered in the meet unaccompanied by a member coach must report to the Meet Referee or Meet Director, prior to the beginning of swimming activities, to arrange for coach supervision of their warm up, competition and warm down.
- Operation of a drone, or other flying apparatus, is prohibited over the venue (pools, athlete/coach areas) and spectator areas, and open ceiling locker rooms) any time meet participants and/or spectators are present.

Photos and videos may be taken of swimmers during the meet by parents or a professional photographer retained by the host club. All participants agree to be filmed or photographed by photographers designated by the meet host and to allow the meet host the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in Georgia Swimming competitions to promote swimming and meets hosted by the meet organizer. If you do not wish to have your child(ren) photographed, you may withdraw your consent by informing the Meet Director before the start of the first day of the meet.

**Tech Suit Policy :** In all Georgia Swimming Sanctioned or Approved competitions, the use of Tech Suits as defined below will not be allowed by any 10 & Under athletes (whether competing in age-specific or “Open” events). In addition, the use of Tech Suits will not be allowed in any 11 or 12-year-old events, with exception of meets determined as Championship meets in the LSC (Divisionals, State Championships, and Age Group Sectionals). Georgia Swimming defines “Tech Suit” as any suit with bonded or meshed seams and/or kinetic tape. The LSC will publish a list of restricted suits, which shall be updated on a monthly basis, as a resource for swimmers, parents and coaches; however, a suit does not need to be included on the list in order to be considered a restricted suit. As manufacturers often release new suits throughout the season, coaches and parents are responsible for identifying if a suit is restricted based on the previously stated description.

**Officials:** All officials must present their current LSC Officials Certification Card, or a recently completed Apprentice Form, and proof of USA Swimming Non-Athlete membership at check-in which is normally one hour prior to start of competition. Credentials may be required for deck access and hospitality and should always be worn while on deck. The Officials uniform for this meet is white polo shirt over navy blue shorts or slacks with white shoes and socks.

**Coaches:** There will be a coaches’ meeting at 11:45 am in the hospitality room. Each team is asked to send a representative.

**Liability Release:** The attached liability form must accompany each team’s entry.

## ORDER OF EVENTS

WOMEN		MEN
	<b>SATURDAY, OCTOBER 20<sup>th</sup></b> <b>Warm up: 12:00 pm—Meet Start: 1:00 pm</b>	
1	12 & Under 200 Free	2
3	Open 200 Free	4
5	12 & Under 100 Breast	6
7	Open 200 Breast	8
9	12 & Under 50 Back	10
11	Open 100 Back	12
13	12 & Under 100 Fly	14
15	Open 200 Fly	16
17	12 & Under 50 Free	18
19	Open 50 Free	20
21	12 & Under 200 IM*	22
23	Open 400 IM*	24
	<b>SUNDAY, OCTOBER 21<sup>st</sup></b> <b>Warm up: 8:00 am –Meet Start: 9:00 am</b>	
25	12 & Under 100 Free	26
27	Open 100 Free	28
29	12 & Under 50 Breast	30
31	Open 100 Breast	32
33	12 & Under 100 Back	34
35	Open 200 Back	36
37	12 & Under 100 IM	38
39	Open 200 IM	40
41	12 & Under 50 Fly	42
43	Open 100 Fly	44
45	12 & Under 500 Free*	46
47	Open 500 Free*	48

\* Depending on timelines, meet management reserves the right to limit the 12 & Under 200 IM, Open 400 IM, and all ages of 500 Free to four heats each. If heats are limited, swimmers who are seeded 33<sup>rd</sup> or higher will be given the opportunity to switch into another event.

# Georgia Swimming

## Meet Safety Guidelines and Warm-up Procedures

### I. Meet Safety Guidelines

#### A. Coaches Responsibilities

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

#### B. Host Team Responsibilities

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

#### C. Miscellaneous

1. Backstrokers shall insure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
2. During competition, backstrokers shall enter the water feet first when given permission by the starter to enter the water. The penalty for failure to comply is disqualification.

## Georgia Swimming Scratch Rule

The Scratch Rule used in all meets in Georgia where the meet format includes preliminary heats, consolation finals, and finals, is the same "Scratch Rule" as found in Section 207.12 Administrative Conduct of USA Swimming Championships, of the 2010 USA Swimming Rules and Regulations. Certain Georgia LSC additions listed below apply to all timed final meets as well.

### **207.12.6.D. Scratching from finals:**

- (1) Any swimmer qualifying for a C, B, or A (bonus and consolation final or) final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph E. A declared false start under 101.1.3F or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete.
- (2) In the event of withdrawal or barring of a swimmer from competition the Referee shall fill the C, B, or A (bonus and consolation final or) final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.
- (3) Where C and B (bonus and consolation) finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the C, B, or A (bonus final, consolation final and the) final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
- (4) If the C or B (bonus and consolation) final has already been contested, the (championship) final shall be swum without reseeding for the empty lane(s).

### **E. Exceptions for failure to compete – No penalty shall apply for failure to withdraw or compete in an individual event if:**

- (1) The Referee is notified in the event of illness or injury and accepts the proof thereof.
- (2) A swimmer qualifying for a C, B or A (bonus or consolation final or) final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.
- (3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer."

### **Georgia LSC Additions (Unless otherwise stated in the final sanctioned Meet Information):**

- (1) Swimmers that qualify for any additional heats beyond the above mentioned "C, B and A" final heats as announced in the Meet Information will also be subject to the above rules concerning scratching from finals.
- (2) In all deck seeded events, a swimmer who has checked in, been seeded and fails to compete in said event, shall be barred from his or her next individual event, except as noted in section E above. This rule also applies in timed finals meets where the meet management has placed limits on the number of heats to be contested or the number individual entries to be accepted for deck-seeded events.
- (3) There is no scratch rule governing relays and there is no penalty regarding relay scratches.
- (4) Qualifiers for all finals heats and the first and second alternates are those as identified the original results of the preliminary heat. Any qualifier who has moved up into this group as a result of the posting of corrected preliminary results after original results been posted shall not be subject to penalty.
- (5) The meet official designated to receive initial intentions not to compete and final intentions shall be announced at the beginning of each session. It is suggested that this official be the Clerk of Course.
- (6) On the final day of LSC Championship competitions, any swimmer who has checked for finals and fails to compete will be assessed a \$50 fine. This fine must be paid before the next LSC Championship meet in which the swimmer intends to compete or the swimmer will be barred from competition.
- (7) A "Positive check-in procedure" shall be used for deck seeded events. A swimmer's intent to swim a race shall be denoted by the swimmer's or swimmer's coach's initials entered next to the swimmers name on the official entry sheet posted at the Clerk of Course.

Adopted by the HOD, April 18, 2010

## ABSC Fall Five Entry Summary

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

Official Abbreviation \_\_\_\_\_ Coach \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Numbers (w) \_\_\_\_\_ (h) \_\_\_\_\_ (e-mail) \_\_\_\_\_

Total Swimmers \_\_\_\_\_ X \$15.00 Surcharge = \_\_\_\_\_

Total Ind. Entries \_\_\_\_\_ X \$4.50 Entry fee = \_\_\_\_\_

**Total Due** \_\_\_\_\_

**Make checks payable to: Athens Bulldog Swim Club (Please write one check only)**

**Send Entry Fee and Waiver to:  
Athens Bulldog Swim Club  
Attention: Ceci Churchwell  
PO Box 7595  
Athens, GA 30604**

**Entries should be e-mailed to  
Jonathan Foggin  
jonathan@athensbulldogs.com**

Entries must be received by **Friday, October 12<sup>th</sup>, 2018.**

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach or team representative verify that all of the swimmers and coached listed on the enclosed entry are registered with USA Swimming.

I acknowledge that I am familiar with the safety rules of USA Swimming and Georgia Swimming Inc. regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.

The University of Georgia, Athens Bulldog Swim Club, Georgia Swimming, Inc. and USA Swimming, its agents, employees and coached shall be free from any liability or claim for damages rising by reason of illness or injury to anyone during the conduct of this meet.

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

## Athens Hotels

### **Georgia Gameday Center**

**1.5 miles to Natatorium**

The Georgia Gameday Center is located in the heart of Downtown Athens, Georgia, with easy access to the University of Georgia, Sanford Stadium, 40 Watt Club, the Classic Center, and the Athens Convention and Visitors Bureau. The Georgia Gameday Center offers southern style friendly service, a great location, easy access to downtown shopping and the University of Georgia campus, and 133 beautiful units. Of course, complimentary transportation to and from the downtown locations is available at the concierge desk.

**250 West Broad Street (706) 583-4500**

**Athens, GA 30601**

### **The Foundry Park Inn**

**2.0 miles to Natatorium**

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

**295 E. Dougherty Street (706) 549-7020**

**Athens, GA 30601**

### **Hotel Indigo**

**2.0 miles to Natatorium**

Situated in an ideal downtown location and boasting a unique design, the Hotel Indigo is truly an inspiring alternative to the typical hotel stay. Leisure visitors simply love the hotel's downtown location in Athens, Georgia. We have everything to create an unforgettable experience in Athens, GA. The hotel's unique design and attention to details are unmatched. As a green hotel, we are one of only 15 hotels awarded LEED Gold Certification by USGBC. We're even pet-friendly and provide special amenities for your furry friend! Relax with a drink or dinner at Madison Bar and Bistro.

**500 College Avenue (706) 546-0430**

**Athens, GA 30601**

### **Country Inn & Suites**

**3.5 miles to Natatorium**

Enjoy comfort and convenience at the Country Inn & Suites Athens, Georgia. Our hotel's great features include a beautiful four-story atrium lobby, along with charming décor and comfortable amenities. We provide numerous excellent services, such as free high-speed, wireless Internet access and a delicious complimentary breakfast. Our hotel's location in Athens, Georgia is also convenient to top attractions and restaurants, and we're just two miles from UGA.

**236 Old Epps Bridge Rd. (706) 612-9100**

**Athens, GA 30601**

### **Hilton Garden Inn**

**1 mile to Natatorium**

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

**390 E. Washington St. (706) 354-6400**

**Athens, GA 30603**

### **Holiday Inn**

**1 mile to Natatorium**

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

**197 E Broad Street (706) 549-4433**

**Athens, GA 30603**

### **Holiday Inn Express**

**1 mile to Natatorium**

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

**513 W Broad Street (706) 549-4433**

**Athens, GA 30603**

### **Hampton Inn**

**3 miles to Natatorium**

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

**2220 West Broad (706) 548-9600**

**Athens, GA 30601**