



**Eastern Section of the Southern Zone
Summer Long Course Championship**

Hosted by The Athens Bulldog Swim Club

July 13th – 16th, 2017

University of Georgia's Gabrielsen Natatorium

330 River Road, Athens GA 30602

Held under the Sanction of USA Swimming, Inc.

Issued by The GA LSC Sanction # **GA17-068S** ; Time Trials Sanction # **GA17-068STT**

HOST CLUB COACH Harvey Humphries harvey@athensbulldogs.com	MEET DIRECTOR Jonathan Foggin jonathan@athensbulldogs.com	MEET MARSHAL Mike Radford mike@athensbulldogs.com
MEET REFEREE Jon Fox jfoxswim@gmail.com	ADMINISTRATIVE REFEREE Tom Donahue tdonahue@pfgnc.com	NATIONAL EVALUATOR John Wilson jwilson@pjfweb.com

HOST **The Athens Bulldog Swim Club: www.athensbulldogs.com**

FACILITY AND POOLS The meet will take place in the Gabrielsen Natatorium's state of the art 50m x 25yd competition pool. An eight lane 50 meter course will 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 automatic timing system, non-slip touch pads, non-turbulent lane lines, and two 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.

SCHEDULE

Session	Day	Warm-up	Meet Start
*	Wednesday evening	4:00-8:00 PM	*
1	Thursday Preliminaries	6:30-8:50 AM	9:00 AM
*	General Meeting	7:45 AM	*
2	Thursday Finals	4:30-5:45 PM	6:00 PM
3	Friday Preliminaries	6:30-8:50 AM	9:00 AM
4	Friday Finals	4:30-5:45 PM	6:00 PM
5	Saturday Preliminaries	6:30-8:50 AM	9:00 AM
*	Sectional meeting	30 minutes after prelims	*
6	Saturday Finals	4:30-5:45 PM	6:00 PM
7	Sunday Preliminaries	6:30-8:50 AM	9:00 AM
8	Sunday Finals	4:00-5:15 PM	5:30 PM

ELIGIBILITY

Open to the members of the Eastern Section of the Southern Zone—USA Swimming registered clubs that are in good standing with the Section and USA Swimming registered swimmers. All USA Swimming registered clubs in the following LSCs are eligible to join the Eastern Section: Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Southeastern and West Virginia. Swimmers and clubs from outside these LSC boundaries are eligible to participate provided they meet the summer USA Junior National qualifying standards, become registered club members of the Eastern Section, and are registered with USA Swimming. There will be on deck Eastern Section of the Southern Zone registration for teams wishing to join. Entries from swimmers from non-member clubs may be accepted into the meet but, prior to competing, must pay the \$45 club registration fee. This fee may be paid with entry fees with a separate check made payable to North Carolina Swimming Region Fund. All swimmers must be members of USA Swimming. Each club is responsible for the proper registration of its swimmers and coaches. The person signing the entry form accepts all responsibility for compliance. Each coach attending the meet must be listed on the coach contact form. All coaches must be properly certified members of USA Swimming throughout the meet. If a swimmer attends the meet without a coach, he or she must arrange to be supervised by a USA Swimming member coach from another team. There will be no on deck USA Swimming registration available at this meet.

ENTRY TIME STANDARDS AND QUALIFYING PERIOD

All swimmers must have met the current summer meet time standards in long course meters, short course meters, or short course yards in each event entered. Times must have been achieved between the first day of the ESSZ Senior Sectional meet approximately 18 months prior and the entry deadline for the current meet.

All disability swimmers must have met the current Can Am standards in long course meters, short course meters, or short course yards for each event entered. Times must have been achieved between the first day of the ESSZ Senior Sectional meet approximately 18 months prior and the entry deadline for the current meet.

The qualifying period for the current meet is Thursday March 3rd, 2016 until Monday, July 10th, 2017.

Swimmers must enter in the course in which they achieved the time standard (LCM/SCM/SCY). Swimmers will be seeded in the order of LCM/SCM/SCY. Faster times achieved after the entry deadline will not be accepted as updates to previously entered times.

PROOF OF TIMES

Swimmers who do not equal or better the applicable Eastern Section Southern Zone Senior Championship in any individual event at the championship meet must be able to prove that they have previously achieved the qualifying time. Any OME entry time will constitute proof unless an override entry time was used. Swimmers unable to provide proof-of-time will be assessed a \$25 fine for each event they cannot prove. Proof of times is due by August 15th. Fines are doubled to \$50 per occurrence regardless of provability after November 1st. The only acceptable proof-of-time will be official meet results from a USA Swimming sanctioned, approved, or observed competition. In the event a swimmer does not pay this fine, neither the swimmer nor the swimmer's team will be eligible to enter future Eastern Section Southern Zone Championships until such time as the fee is paid. Teams with outstanding fines should come prepared to pay prior to participation in the meet. Fines will be deposited with no further need of proofs from those previous meets. All fines collected go to the ESSZ Travel Fund.

ENTRY PROCESS AND DEADLINES

An events file for organizing entries will be available on the ABSC website by Monday May, 29th, or via email to the entry coordinator at jonathan@athensbulldogs.com.

The entry deadline for this meet is Monday, July 10th at 3:00 PM.

OME will be used for all entries including relays and relay only swimmers. OME will close Monday July 10th at 3:00 PM. OME will open no later than Monday, May 29th. Coaches can update entry times in OME until it closes. Questions or problems with OME should be directed to jonathan@athensbulldogs.com.

Entry requests received after OME closes will be considered late and accepted only as described below in LATE ENTRIES and only for open lanes in existing heats.

ENTRY VERIFICATION

A psych sheet will be issued to the person submitting the entry by 3:00 PM on Tuesday of meet week. Coaches have until 3:00PM on Wednesday of meet week to identify any missing entries, time corrections, or other entry errors and email corrections to the entry coordinator at jonathan@athensbulldogs.com. Any changes after that point will be made at the discretion of the Meet Referee only.

ENTRY LIMIT

Swimmers may enter as many events for which they qualify but may swim a maximum of three individual events per day including Time Trials. The swimmer is responsible for scratching from oversubscribed events. Scratches must be received by the Admin Referee by the relevant scratch deadline in order not to count toward a swimmer's event limit. Otherwise, swimmers will be automatically scratched from the event that puts them over the daily limit.

Each team will be limited to two relay teams per event.

ENTRY FEES

Make checks payable to ABSC. All fees are non-refundable. Payment in full is due no later than the General Meeting.

Individual Event	\$10.00 per event
Relays	\$20.00 per relay
LSC Travel surcharge (Non GA teams)	\$2.00 per swimmer
Facility Surcharge	\$20.00 per swimmer
Time Trials events	\$10.00/20.00 per event
Late Entry Fee (double)	\$20.00/\$40.00

PAYMENT

Payment must be made by check payable to the host team and is due in full no later than the General Meeting on Thursday. Any alternate payment arrangements must be negotiated with the Meet Director. Teams should bring copies of OME rosters and receipts for verification.

LATE ENTRIES

Late entries for event will be accepted at the meet at the discretion of the Meet Referee on a first come/first served basis only if open lanes are available and will be seeded with NT. No additional heats will be created for late entries. Late entries will be accepted at the meet up until the time that the Clerk of Course closes before each session (see schedule under SCRATCH AND POSITIVE CHECK IN DEADLINES). Late entry fees will be doubled for individual and relay events-- \$20.00 per individual event and \$40.00 per relay. Late entered swimmers must present proof of current USA Swimming registration if they are not already entered in the meet. No on deck registration will be available.

RULES

The meet will be conducted in accordance with USA Swimming Rules and Regulations except where the rules are optional and exceptions are stated.

SAFE SPORT

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. Anyone failing to comply with a safety request may forfeit his or her privilege to participate.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Main locker rooms are reserved for participating swimmers only.

Deck changes are prohibited.

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. The swimmer must also declare to the Meet Director a coach of record and who will represent the swimmer at the meet.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

BREAKS

Breaks are noted in the Order of Events. Additional breaks may be inserted at the discretion of the Meet Referee.

SEEDING

The conforming time standard for this meet is long course meters (LCM). Swimmers who have achieved the SCM or SCY cut must enter with that time. Swimmers will be seeded in the order of LCM/SCM/SCY. Swimmers will be seeded and swim from slow to fast unless otherwise indicated. Heats and events may be combined at the discretion of the Meet Referee.

**SCRATCH
AND
POSITIVE
CHECK IN
PROCEDURES**

This meet will follow USA Swimming procedures specified in rule 207.11.6 except where exceptions are stated.

Swimmers who do not intend to swim an event, or must scratch down to the three events per day limit, or need to make room for a time trial should scratch by the indicated deadline. Scratch cards should be completed and deposited in the scratch box at Clerk of Course by the appropriate deadline. While there will be no penalty for failure to compete in preliminary heats of events 200M or less, swimmers and coaches should remember that late entries will only be accepted for empty lanes. Therefore, all coaches are asked to declare any scratches to the Clerk of Course before the deadlines to insure full heats and the best competition opportunities possible for all athletes.

A positive check in, located at the Clerk of Course, will be required for these events. Swimmers and relay teams who do not positively check in may not be seeded in the event:

- 800 Freestyle
- 400 Individual Medley
- 400 Freestyle
- 1500 Freestyle
- All Relays

**SCRATCH
PENALTIES**

According to the scratch rule, a swimmer who is properly checked in for a positive check in deck seeded event, been seeded, and fails to compete in said event, shall be barred from his/her next individual event unless excused by the Meet Referee. There is no penalty for failure to compete in pre-seeded preliminary heats of individual events except that an individual event from which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three events per day limit. There is no penalty for failure to compete in relay events.

A swimmer initially qualifying for an A, B, C, or D Final who neither scratches with the Administrative Referee nor declares his or her intent to scratch within 30 minutes after the announcement of qualifiers for that event is considered checked in. If a checked in swimmer fails to compete in Finals, he or she shall be barred from further competition unless excused by the Meet Referee. Swimmers who qualify in the top 50 and have no intention of swimming in Finals should indicate this by scratching.

**SCRATCH
AND
POSITIVE
CHECK IN
DEADLINES**

EVENT	DAY	TIME
Scratches from Thursday events (email and text scratches to the Administrative Referee are accepted)	Wednesday	7:00PM
Positive check in 800 Freestyle	Thursday	7:30AM
Positive check in 400 Free Relay*	Thursday	8:00AM
Scratches from Friday events	Thursday	7:00PM
Positive check in for 400 IM and 400 Medley Relay*	Friday	8:00AM
Scratches from Saturday events	Friday	7:00PM
Positive check in 400 Free	Saturday	7:30AM
Positive check in 800 Free Relay*	Saturday	8:00AM
Positive check in 1500 Free (AM/PM option)	Saturday	6:00PM
Scratches from Sunday events	Saturday	7:00PM

*Relay cards are due at least one hour before the relay is scheduled to swim but may be changed up until the relay swims.

FORMAT

Individual Events: All individual events 400 M or less will be conducted as preliminaries and finals including the 400 IM and the 400 Free, which will be deck seeded after positive check in. The 800 Freestyle and the 1500 Freestyle will be conducted as timed finals and will be deck seeded after positive check in.

Finals: There will be a **Championship A Final**, a **Consolation B Final**, a **Bonus C Final**, and a **Bonus D Final, which will be limited to 18 & Under**, for all prelim/final events. The Finals heats will be swum in the following order: D Final, C Final, B Final, and A Final. The A and B Finals will be scored. Championship A Finalists are invited to the Ready Room five minutes before their event for parading. D, C, and B Finalists should report to the blocks. Alternates should report to the starter prior to the D Final and will swim in the D or C Final should no shows occur.

400 Free:

- The 400 Free events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top two heats) and swum slowest to fastest, in event order, all women’s heats then all men’s heats.

400 IM:

- The 400 IM events will be deck-seeded after positive check in. The preliminary heats will be circle seeded (top two heats) then the fastest four women’s heats will swim slow to fast, then the fastest four men’s heats will swim slow to fast, then the remaining heats will swim fast to slow alternating women and men.

800 Free:

- The 800 Free events will be conducted as timed finals and will be deck-seeded after positive check in. The fastest heat of positively checked in swimmers of each gender will swim in the Finals session. The remaining heats will swim at the end of the Preliminary session 10 minutes after the last heat of 200 Fly. The next three fastest heats of women will swim slowest to fastest, then the next three fastest heats of men will swim slowest to fastest, then the remaining heats will swim fast to slow alternating women and men. Swimmers must provide their own counters.

1500 Free:

- The 1500 Free events will be conducted as timed finals and will be deck-seeded after positive check in. Swimmers may indicate AM/PM preference. The fastest heat of positively checked in swimmers of each gender who **select PM** will swim in the Finals session. The remaining heats will swim at the end of the Preliminary session 10 minutes after the last heat of the 200 Backstroke, fast to slow alternating women and men. Swimmers must provide their own counters.

Relays: All relays will be deck seeded after positive check in and conducted as timed finals.

- All heats of the 400 Free Relays and the 400 Medley Relays will swim in the Finals sessions on Thursday and Friday. The fastest two heats of women will swim slow to fast, followed by the fastest two heats of men swum slow to fast, with remaining heats swum fast to slow alternating women and men.
- The fastest two heats of each gender in the 800 Free relay will swim in Finals on Saturday, slow to fast, both women's heats then both men's heats. Remaining heats will swim at the end of the Preliminary session, fast to slow alternating women and men.

The Meet Referee may combine heats and events as necessary.

SCORING

The top 16 places in all events will score points as follows:

- Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. A and B Finalists must attain the ESSZ time standard for the individual event in order to score team or individual points.
- Relay events will score double.

AWARDS

Individual & Relay Awards.

- Medals for 1st - 8th place for individuals and 1st through 3rd for relays. Winners should report to the podium to receive their awards according to the schedule announced at the General Meeting.
- Team Awards: Plaques for 1st through 6th place combined teams.
- Individual High Point: Plaques for highest scoring woman and man.

RESULTS

Results will be posted at www.athensbulldogs.com within 24 hours of the meet's conclusion and teams will be emailed their results. MeetMobile and LiveResults will be used as facility internet connectivity permits.

- WARM-UP PROCEDURES** In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm up procedures. Open warm up will be offered from 6:30-8:30 AM. Specific warm ups will be offered at 8:30 in the main competition pool during which at least two lanes will be assigned as pace lanes and at least two lanes will be assigned as one-way race start lanes. Meet Management reserves the right to change warm up times according to the number of entries. During the competition, there will be at least eight lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area. Swimmers will enter the pool feet first except in lanes that are designated for one-way race starts under the direct supervision of a certified coach.
- TIME TRIALS** Time Trials will be offered after all Preliminary and Finals sessions, time permitting. Time Trials count toward a swimmer's three events per day event limit. Relay only swimmers are not eligible to swim time trials.
- Sign up deadlines on days when Time Trials are offered will be 10:30 AM for Time Trials after Preliminaries and 6:00 PM for Time Trials after Finals. The 1500 and 800 Frees may be Time Tried after one Preliminary session to be determined by the Meet Referee. The order in which time trial events will be conducted will follow National event order (i.e., that day's events, followed by next day, etc., finishing up with the previous day's events). However, in the session that distance frees are offered, they will be the last events of the session.
- Time Trial fees are \$10.00 per individual event and \$20.00 for relays payable in cash at sign up. Swimmers must provide their own timers and counters for Time Trials. Time Trials will begin no later than 15 minutes after the session conclusion.
- GENERAL MEETING** The General Meeting will be held at 7:45 AM on Thursday in the on-deck athletics classroom. Teams are responsible for knowing and complying with information distributed and decisions made at the General Meeting.
- ESSZ BUSINESS MEETING** The sectional meeting will be held no more than 30 minutes after the conclusion of the Preliminary session on Saturday in the on deck athletics classroom. All member teams are expected to attend. Agenda items include bidding for upcoming championship meets and other ESSZ business.
- COACHES** All coaches on deck must be registered and certified with USA Swimming. Deck Pass is acceptable proof of USA Swimming membership. Meet Management will require all coaches to show proof of current certification/registration and coaches must display their meet credentials or have easy access to their printed or virtual USA Swimming membership card at all times while on deck. Deck Pass credentials will be accepted. There may be a coaches' meeting after Friday warm ups or other meetings at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.
- TIMERS** Volunteer timers from visiting teams are welcome.

- OFFICIALS** Officials will be required to show proof of current USA Swimming membership and certification. Deck Pass is acceptable proof of USA Swimming membership. There will be an officials' meeting 1 hour prior to each session in the officials' room. All USA Swimming certified officials are welcome. If you are able to work as a S&T Judge, contact the Meet Referee, however you are not required to do so in order to officiate.
- CJs/Starters/Referees: Officials who are interested in assigned positions should complete an Application to Officiate found on the Southern Zone website, www.szoneswim.com by June 15th. Uniform for this meet is blue pants/skirt and a white shirt.
- National Officials Evaluations: This meet has been approved as an Officials Qualifying Meet for N2 and N3 all positions by USA Swimming. Officials wishing to be evaluated may submit an application to the John Wilson by July 6th. Officials are required to work a minimum of 4 sessions to be evaluated. Evaluation requirements and applications can be found at www.USASwimming.org.
- MEET COMMITTEE** A meet committee will consist of two coaches and two swimmers selected at random, plus the Meet Referee, Meet Director, and ESSZ Chair or their designees.
- HOSPITALITY/ CONCESSIONS** There will be a hospitality area open to all coaches, officials, and volunteers. Hospitality will be housed in Racquetball Court D.
- SWIMMERS WITH DISABILITIES** The host team welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in this meet. Coaches entering swimmers who require accommodations must provide advance notice in writing to the Meet Director by the entry deadline, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit the host team's ability to accommodate all requests.
- BAD WEATHER** In case of an "Act of God" or bad weather scenario that jeopardizes a session, meet management will make the final decision how the meet will safely proceed.
- COMMENTS** Any comments regarding the conduct of the meet or problems that are not resolved in a satisfactory fashion should be communicated in writing to the ESSZ Chair.

Speedo Champions Series ESSZ Summer LC Senior Championships
FINALS ORDER OF EVENTS

Thursday

Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:30 Finals Start: 6:00

Women's Event	Event Qualifying Standard			Event	Event Qualifying Standard			Men's Event
	SCY	SCM	LCM		LCM	SCM	SCY	
1	10:42.49	9:33.39	9:32.39	800M Free*	8:59.39	9:03.19	10:08.19	2
3	2:11.49	2:27.39	2:30.49	200 IM	2:18.39	2:14.29	1:59.79	4
5	0:24.69	0:27.69	0:28.49	50 Free	0:25.89	0:24.99	0:22.29	6
7	2:10.29	2:26.09	2:27.89	200 Fly	2:15.09	2:14.69	2:00.09	8
9	n/a	n/a	n/a	400 Free Relay**	n/a	n/a	n/a	10

*Positive check in deck seeded event. Top 8 swim in Finals. Other heats swim at the end of Prelims 10 minutes after last heat of 200 Fly. Note that event order differs for Prelims.

** All Thursday relays swim in Finals.

Friday

Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:30 Finals Start: 6:00

Women's Event	Event Qualifying Standard			Event	Event Qualifying Standard			Men's Event
	SCY	SCM	LCM		LCM	SCM	SCY	
11	1:55.89	2:09.89	2:12.29	200 Free	2:02.09	2:00.29	1:47.29	12
13	1:00.29	1:07.59	1:09.89	100 Backstroke	1:03.39	1:01.39	0:54.79	14
15	4:37.79	5:11.49	5:17.59	400 IM*	4:54.79	4:47.59	4:16.59	16
17	n/a	n/a	n/a	400 Medley Relay**	n/a	n/a	n/a	18

*Positive check in deck seeded event.

**All Friday relays swim in Finals.

Saturday

Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:30 Finals Start: 6:00

Women's Event	Event Qualifying Standard			Event	Event Qualifying Standard			Men's Event
	SCY	SCM	LCM		LCM	SCM	SCY	
19	5:07.79	4:34.89	4:37.49	400 Free*	4:19.89	4:18.89	4:49.69	20
21	0:59.39	1:06.59	1:07.59	100 Fly	1:00.69	1:00.39	0:53.89	22
23	1:08.29	1:16.49	1:18.69	100 Breast	1:10.79	1:09.39	1:01.89	24
25	n/a	n/a	n/a	800 Free Relay**	n/a	n/a	n/a	26

* Positive check in deck seeded event.

** Top 2 heats of each relay swim in Finals. All others swim at the end of Prelims.

Sunday

Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:00 Finals Start: 5:30

Women's Event	Event Qualifying Standard			Event	Event Qualifying Standard			Men's Event
	SCY	SCM	LCM		LCM	SCM	SCY	
27	0:53.79	1:00.29	1:01.29	100 Free	0:56.69	0:54.69	0:48.79	28
29	17:38.49	18:00.39	18:17.69	1500 Free*	---	---	---	
	---	---	---	200 Breast	2:34.19	2:31.09	2:14.79	30
31	2:27.69	2:45.49	2:49.69	200 Breast	---	---	---	
	---	---	---	1500 Free*	17:32.19	17:14.89	16:53.69	32
33	2:09.69	2:25.39	2:30.19	200 Back	2:17.39	2:13.59	1:59.09	34

*Positive check in deck seeded event. AM/PM option. Top 8 selecting PM swim in Finals. Other heats swim at the end of Prelims 10 minutes after the last heat of 200 Backstroke. Note also that event order for 200 Breast differs for Prelims (31 then 30).

ESSZ Summer LC Senior Championships Contact, Entry Summary/Payment/Waiver Form

Complete the coach contact form, the entry summary/payment form, and the waiver form. Mail/Email forms along with entry fee checks payable to **ABSC** to:

The Athens Bulldog Swim Club
c/o Ceci Churchwell
PO Box 7595
Athens, GA 30604
ceci@athensbulldogs.com

Coach Contact Form

Team Name	
Club Code-LSC	
Head Coach	
Head Coach Phone	
Head Coach Email	

Please list all coaches attending this meet to assist with meet communications.

Coach Name	Cell Phone	Email

ESSZ Summer Senior LC Championships Event Summary/Payment, Waiver, and Liability Release:

Team Name:		Club Code/LSC:
Head Coach:		
Coach Cell Phone:	Coach Email:	
Team Address:		

Entry Summary:	Total Swimmers	Total Individual Entries	Total Relay Entries	
Women				
Men				
Total Swimmers				
Fees per Swimmer	\$20 plus \$2 if non-GA LSC	\$10.00	\$20.00	
Total Fees Due	\$	\$	\$	\$

MAKE CHECKS PAYABLE TO ABSC. All forms and payment must be received for entries to be considered complete. Mail to:

Athens Bulldog Swim Club, PO Box 7595, Athens, GA 30604

ESSZ Membership: Is your club a member of the Eastern Section of the Southern Zone? Yes / No

Waiver and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and the GA LSC regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. The Athens Bulldog Swim Club, the University of Georgia, Georgia Swimming, Inc, USA Swimming Southern Zone, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of 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 (Coach or Club Representative)

TITLE/CLUB/DATE

Athens Hotels

**Courtyard by Marriott—Marriott is a proud sponsor of USA Swimming
(706) 369-7000**

**166 N. Finley Street
Athens, GA 30601**

This Courtyard by Marriott Athens GA hotel is located in the heart of Downtown Athens just blocks from UGA. This downtown Athens hotel is also surrounded by over 50 local eateries and a world famous music and nightlife scene. Business travelers to our hotel near UGA will enjoy the free high speed Internet access, WiFi, a 24-hour business center, large in-room workstation and access to meeting space. Start your morning off with reasonably priced breakfast options at The Bistro or a Starbuck's coffee. Maintain your health on the road by taking advantage of our 24-hour fitness center and unwind at the end of the day by enjoying the outdoor pool.

**Spring Hill Suites—Marriott is a proud sponsor of USA Swimming
(706) 353-8484**

**3500 Daniells Bridge Rd
Athens, GA 30606**

Our all studio-suites hotel exudes its own brand of southern hospitality while seamlessly blending design and functionality with the modern amenities you need to stay refreshed and focused—all at an affordable price. Spacious suites and a vibrant lobby offer flexible spaces perfect for working or relaxing in Athens. Take the stress out of travel with free Wi-Fi, relaxing pool, and fitness center. Our Market is open 24/7 for snacks and necessities. Enjoy our complimentary new breakfast w/fresh choices for a customized start to your day-like eggs with local salsa or Greek yogurt and oatmeal complete w/a toppings bar for a variety of options.

**The Foundry Park Inn
(706) 549-7020**

**295 E. Dougherty Street
Athens, GA 30601**

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 telephone 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.

**Hotel Indigo
(706) 546-0430**

**500 College Avenue
Athens, GA 30601**

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.

**Country Inn & Suites
(706) 612-9100**

**236 Old Epps Bridge Rd.
Athens, GA 30601**

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.

**Hilton Garden Inn
(706) 354-6400**

**390 E. Washington St.
Athens, GA 30603**

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.

**Holiday Inn
(706) 549-4433**

**197 E Broad Street
Athens, GA 30603**

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.