




Georgia Swimming will increase opportunity, recognition, and growth in competitive swimming. We believe that swimming provides life-changing experiences for young people.

	<p align="center"><b>2024 Georgia Long Course Senior State Championships</b> <b>Hosted by ABSC</b> Hereafter known as "Host Club" <b>7/26-28/2024</b></p>
<p><b>SANCTION:</b></p>  <p><b>ATTESTATION:</b></p>	<p>Held under the sanction of USA Swimming, issued by Georgia Swimming Inc., <b>Sanction #: GA24-076/STT</b></p> <ul style="list-style-type: none"><li>● The meet announcement must be submitted for sanctioning at least three weeks prior to the meet start date.</li><li>● Article 202.4.3: Granted sanctions are non-transferrable to other organizations or clubs. Any such transferred sanction shall be void and the Sanction Committee shall deny any further sanctions to the organization or club violating this provision.</li><li>● In applying for this sanctioned event, the "Host Club" agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Georgia LSC, the State of Georgia, and local jurisdiction.</li></ul>
<p><b>MAAPP:</b></p> <p><b>Minor Athlete Abuse Prevention Policy</b></p>	<p><b>This meet will adhere to the current Minor Athlete Abuse Prevention Policy ("MAAPP) set forth by USA Swimming.</b></p> <ul style="list-style-type: none"><li>● A USA Swimming club that hosts a sanctioned USA Swimming swim meet indicates acknowledgement of USA Swimming's Minor Athlete Abuse Prevention Policy ("MAAPP").</li><li>● All USA Swimming members including athletes 18 and older and adults who interact with minor athletes at swim meets are expected to comply with the MAAPP policy.</li><li>● All chaperones, team managers, adult swimmers, meet directors, officials, and non- member parents and meet volunteers are expected to understand and comply with MAAPP.</li><li>● As the host club, you are responsible for ensuring that these individuals know about and comply with MAAPP.</li></ul>
<p><b>ELIGIBILITY FOR TIME RECOGNITION TO THE SWIMS DATABASE</b></p>	<p><b>Effective September 1, 2022</b>, there will <b>NO</b> longer be a 30-day administrative grace period. Going forward, ANY 17-year-old athlete who has not completed the APT requirements by their 18<sup>th</sup> birthday <b>WILL NOT</b> be a USA Swimming member in good standing unless or until the APT requirement is completed. This includes eligibility to compete in USA Swimming sanctioned meets, club practices and all other related activities. Athletes will continue to receive an email notification reminder of the APT requirement 30 days prior to their 18<sup>th</sup> birthday as well as a reminder on their 18<sup>th</sup> birthday. ALL I+USA Swimming members aged 18 years old and older are required to complete APT annually. This is the individual's responsibility and includes both athlete and non-athlete members.</p>
<p><b>LIABILITY:</b></p>	<p>In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and (host club) shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries or illnesses to anyone during the conduct of the event.</p>
<p><b>REPORT DISCRIMINATION:</b></p>	<p>The Georgia LSC believes that there is no place for discrimination in the sport of swimming. If you believe you are the victim of discrimination, you are encouraged to report the incident to USA-Swimming's Associate: Michelle Steinfeld, <a href="mailto:msteinfeld@usaswimming.org">msteinfeld@usaswimming.org</a>. Please</p>

	<p>provide a complete description of the incident as well as a way to contact you and/or other parties involved.</p> <p>For more information refer to <a href="http://gaswimming.org/diversity">gaswimming.org/diversity</a></p>																														
<b>D, E, &amp; I = Reference Informational Section</b>	<p>Starting on September 1, 2022, USA Swimming members can submit anonymously or on the record through plain text messaging at 888-270-SWIM (7946).</p> <p><a href="http://teamunify.com">Georgia Swimming LSC: D, E, &amp; I (teamunify.com)</a></p>																														
<b>SWIMMERS WITH A DISABILITY:</b>	<ul style="list-style-type: none"> <li>● Coaches entering swimmers with disabilities that require any accommodations or modifications, including the need for personal assistants and/or registered service animals must provide advance notice in writing, accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests. Coaches with swimmers with a disability (swads) competing must notify the Entry Chair with their entry and the Meet Referee prior to the meet.</li> <li>● Coaches may use the Necessary Accommodation Form to satisfy this requirement.</li> <li>● All swimmers with a disability (swads) must meet the LSC Parallel Time Standards in every event they wish to participate in the meet.</li> </ul>																														
<b>MEET DIRECTOR:</b>	Jonathan Foggin: <a href="mailto:jonathan@athensbulldogs.com">jonathan@athensbulldogs.com</a>																														
<b>MEET REFEREE:</b>	Oded Ravid: <a href="mailto:ravids2000@gmail.com">ravids2000@gmail.com</a>																														
<b>STARTER:</b>	Chris Armel																														
<b>STROKE AND TURN:</b>	Sara Steger																														
<b>STROKE AND TURN:</b>	Melissa Halbach																														
<b>ADMIN OFFICIAL:</b>	Rachel Dunagan																														
<b>MARSHALL:</b>	Daniel Boyer																														
<b>MARSHALL:</b>	Heather Boyer																														
<b>FACILITY:</b>	<p>UGA's Gabrielsen Natatorium  330 River Road, Athens, GA 30602  706.542.5060</p> <p>This facility's competition pool is an 8 lane, 25-yard pool with Colorado timing and scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The certification is on file with USA Swimming, Inc., and Georgia Swimming, Inc. The pool depth at the start ends equals 8.5 and turn end depth equals 8.5.</p>																														
<b>SCHEDULE:</b>	<table border="1"> <tr> <td>Session 1</td> <td>Prelims</td> <td>Friday, July 26<sup>th</sup></td> <td>Warmup: 7:30 am</td> <td>Start: 9:00 am</td> </tr> <tr> <td>Session 2</td> <td>Finals</td> <td>Friday, July 26<sup>th</sup></td> <td>Warmup: 5:00 pm</td> <td>Start: 6:00 pm</td> </tr> <tr> <td>Session 3</td> <td>Prelims</td> <td>Saturday, July 27<sup>th</sup></td> <td>Warmup: 7:30 am</td> <td>Start: 9:00 am</td> </tr> <tr> <td>Session 4</td> <td>Finals</td> <td>Saturday, July 27<sup>th</sup></td> <td>Warmup: 5:00 pm</td> <td>Start: 6:00 pm</td> </tr> <tr> <td>Session 5</td> <td>Prelims</td> <td>Sunday, July 28<sup>th</sup></td> <td>Warmup: 7:30 am</td> <td>Start: 9:00 am</td> </tr> <tr> <td>Session 6</td> <td>Finals</td> <td>Sunday, July 28<sup>th</sup></td> <td>Warmup: 5:00 pm</td> <td>Start: 6:00 pm</td> </tr> </table>	Session 1	Prelims	Friday, July 26 <sup>th</sup>	Warmup: 7:30 am	Start: 9:00 am	Session 2	Finals	Friday, July 26 <sup>th</sup>	Warmup: 5:00 pm	Start: 6:00 pm	Session 3	Prelims	Saturday, July 27 <sup>th</sup>	Warmup: 7:30 am	Start: 9:00 am	Session 4	Finals	Saturday, July 27 <sup>th</sup>	Warmup: 5:00 pm	Start: 6:00 pm	Session 5	Prelims	Sunday, July 28 <sup>th</sup>	Warmup: 7:30 am	Start: 9:00 am	Session 6	Finals	Sunday, July 28 <sup>th</sup>	Warmup: 5:00 pm	Start: 6:00 pm
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<b>MEET FORMAT:</b>	<ul style="list-style-type: none"> <li>● All individual events will be conducted on a Preliminary and Final basis with the exception of the 800 and 1500 Freestyle, which will be conducted as a timed final event.</li> <li>● The 800/1500 Freestyle heats will be swum fastest to slowest, alternating 1 heat each of women's 800, men's 800, women's 1500, men's 1500 with all heats being conducted at the end of Sunday's Prelims. <b>*Note: Positive check-in deadline for the 800/1500 Freestyle is before the start of finals on Saturday.</b></li> </ul>																														

- The 400 IM and 400 Freestyle Preliminary heats will be seeded as follows: fastest four heats swum slowest to fastest (4 women heats, 4 men heats), followed by remaining heats swum fastest to slowest alternating women/men. **\*Note: Positive check-in deadline is 8:00 AM for these races on the day of the event.**
- There may be a rest break in Prelims each day before the start of that day's distance event (400 IM, 400 Free, 800/1500 Free). Meet management will decide and it will be announced at the Coaches' meeting.
- Championship, Consolation, and two Bonus heats (four heats in all) will be swum in all 50, 100 and 200m Prelim/Final events. The Championship, Consolation, and one Bonus heat (three heats in all) will be swum in the 400m Prelim/Final events. The slowest bonus heat will be reserved for 18 & Under athletes.
- The order of the Finals heats will be D-C-B-A. *\*Note: Those swimmers named as First & Second Alternate in each Prelim/Final event must stand by the starter at the beginning of the event for which they are named if they wish to swim. Alternates be placed in ANY vacant lane and swim exhibition.*

#### **Relay Events**

- All Relays will be conducted as Timed Final events.
- Each team is limited to two entries of each gender for all relays **except the 800 which is limited to 1 per team.**
- All 200 Free and 200 Medley Relays will be swum at the beginning of the Prelims sessions on Friday and Saturday, respectively. These events will be pre-seeded, and there is NO positive check-in. However, relay names should be turned in prior to the start of the session.
- All 800 Free Relays will be swum at the end of the Finals session on Friday, seeded fast to slow alternating women and then men.

**Positive check-in required by 5:30 PM on Friday.**

- The 400 Free Relays will be swum at the end of the Finals session on Saturday. **Positive check-in required by 5:30 PM on Saturday.** The 400 Medley Relays will be swum during the Prelims session on Sunday (before the 800/1500 Freestyles). Positive check-in required by 8:00 AM on Sunday.
- In order to maintain a reasonable timeline and to regulate the continuity of the meet the Meet Director, in consultation with the **Meet Management Committee** (Meet Director, Senior Committee Chair, Meet Referee and Coach) reserves the right to make the final decisions on the following: Diver over starts; rest breaks; scheduling of Time Trial; other issues that affect the management, versus the conduct, of the meet.

<p><b>SCRATCH BOX:</b></p>	<p>This meet will follow USA Swimming procedures specified in rule 207.11.6 except where exceptions are stated.</p> <p>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 6:30 pm the night before each preliminary session. Scratch cards should be completed and deposited in the scratch box at Clerk of Course by the appropriate deadline. Heat sheets for each session will not be published until after all scratches are processed each night. An electronic scratch box may also be employed.</p> <p>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 and there will be more full heats and better timelines if everyone scratches responsibly. We therefore ask all coaches to declare any scratches to the Clerk of Course before the deadlines to ensure full heats and the best competition opportunities possible for all athletes.</p>
<p><b>ENTRY FEES:</b></p>	<ul style="list-style-type: none"> <li>● Individual Event Entry Fee: \$12</li> <li>● Late Entry Fee: \$24 (only swimmers already entered in events that session)</li> <li>● Time Trial Fee: \$40 (attempting Futures cut or faster)</li> <li>● Relay Entry Fee: \$24</li> <li>● Relay Late Entry Fee: \$48</li> <li>● Swimmer Surcharge: \$21</li> <li>● Georgia Travel fund \$3</li> </ul>
<p><b>ELIGIBILITY:</b></p>	<p>Open to all swimmers registered with Georgia Swimming who have achieved the required qualifying time standard for each event entered since <b>April 1, 2023, until July 25, 2024</b> (see “Qualifying Times”). Swimmers who have achieved the qualifying standard in the 1500, or 800 Free may enter either the 800 or 1500 Free. 50s fly, back and breast can only be entered as bonus events.</p> <p>This meet will be conducted as defined above. All 2024 swimmers registered with USA Swimming and/or their respective World Aquatics Federation, in good standing with their local national federation, will be allowed to compete.</p> <p>All foreign delegations must submit documentation from their federation indicating athletes, coaches, and team support are members in good standing of their World Aquatics affiliated federation. Host club will not allow unregistered swimmers, coaches, officials, or teams to participate in this meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.</p>
<p><b>PROOF OF TIMES:</b></p>	<p>The final results for each event will be reviewed by the designated Representative appointed by the LSC Chair to determine each swimmer’s eligibility for this meet. If a swimmer fails to achieve the qualifying standard at this meet and cannot prove that he/she achieved the qualifying standard before the entry deadline, then Georgia Swimming, Inc. will invoke a fine of <b>\$50.00</b> against the team of said swimmer, or against the swimmer if unattached, for each non-qualifying time, <b><u>INCLUDING ANY BONUS SWIMS TIED TO THAT SWIM</u></b>. <b>The SWIMS database will be the sole source document used to verify proof of time for this meet.</b> Failure to pay as prescribed by Georgia Swimming Policy Manual 6.4 will <b>result in the barring of said team/individual from participating in any meets until such time as the fine is paid in full.</b> Make checks payable to “Georgia Swimming.” Proof of times is not required for relays.</p>

	<p><b><i>*Bonus Events, if the bonus event is NOT marked as a bonus event and the swimmer fails to achieve the time standard for that event, the swimmer will be subject to a \$50.00 fine.</i></b></p>
<b>ENTRIES:</b>	<p>Swimmers will be limited to competing in three (3) individual events per day plus relays.</p> <p>Any swimmer who competes in more than his or her daily limit will be disqualified from the last event(s) of that day.</p> <p>Swimmers who have qualified for an event in any preliminary session (and are entered below the qualifying time) may swim any three (3) bonus events of 50, 100 or 200m. Bonus events must be designated as such, will be seeded behind qualified times and will count towards the daily event limit.</p> <p>Each team will be limited to two (2) relay team entries per event, except for the 800 Free Relays which will be limited to one entry per team.</p>
<b>SEEDING:</b>	<p>All events will be pre-seeded, with the exception of the 400 IM, 400 Free, 800/1500 Free, 400 Medley Relay, 400 Free Relay, and 800 Free Relay. These events will require a positive check-in at the Clerk of Course according to the times shown under "Check-in".</p> <p>Any swimmer entering the 800 or 1500 Free based on their qualifying time in the other distance should be entered at the time standard.</p>
<b>TIME TRIALS:</b>	<p>Time Trial events will be conducted after the Preliminary sessions. Time Trial events will count towards the athlete's daily limit.</p> <p>Time Trial check-in closes at 11:00 AM. Additions after the deadline are at the discretion of the Meet Referee.</p>
<b>CHECK IN CLERK of COURSE</b>	<p>In order to be seeded into the deck-seeded events, swimmers and relay teams must check-in with the Clerk of Course by the times listed in the Meet Format section.</p>
<b>ENTRY SUBMISSION:</b>	<p><b><u>Thursday, July 13<sup>th</sup> at 6:00 pm. Teams may make revisions for the athletes entered in the meet on or before the entry deadline until Tuesday, July 18<sup>th</sup> at noon.</u></b></p> <p>Submit entries using an electronic entry file as well as a hard copy of the entry with all bonus swims clearly designated. Entries must include the USA Swimming Club Code and each swimmer's USA Swimming number, first and last name, age, and seeding time for each event entered.</p>
<b>RULES:</b>	<p><b>Current USA Swimming Rules will govern this meet.</b></p> <p><b><u><a href="#">Tech Suit Restrictions for 12-and-Under Swimmers</a></u></b></p> <p>(Note: WOVEN FABRIC-A suit with woven fabric and sewn seams that does not extend below the hips is permitted.)</p> <p>(Note: KNIT FABRIC-A suit with knit fabric and sewn seams not extending below the knees is permitted.)</p> <p>This rule is in effect for all USA Swimming competitions in the United States, so any manufacturer or vendor selling a suit in the United States is subject to the above rule. No Technical Suits may be worn by any 12-Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, behind the blocks (Including warm-up, warm-down, and Competition), rest rooms or locker rooms.</p> <p>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</p>

	<p>unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <p><b>Deck changes are prohibited.</b> (Defined as changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes). Swimmers participating in deck changing could be subject to removal from further competition in the meet.</p> <p>On deck registrations will not be permitted during this event.</p> <p>Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches' 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 Program Operations Vice Chair, Program &amp; Events Committee Chair, or designee.</p> <p>All referees, starters, administrative officials, chief judges, and stroke and turn judges, serving in an official capacity in a sanctioned event, must be non-athlete members of USA Swimming or members of other FINA-member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.</p> <p>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.</p> <p>Swimmers participating under the provisions of 202.9 or USA Swimming's "open border" policy must be under the supervision of their own coach or a USA Swimming member coach. The Meet Director or Meet Referee may assist the swimmer in deciding for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.</p>
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<p><b>USA SWIMMING MEMBER VERIFICATION:</b></p>	<p>September 22, Deck Pass and Deck Pass Plus are no longer available. To access USA Swimming member benefits, including your USA Swimming member card, download the USA Swimming app. Present this card to verify your USA-S and GA LSC credentials are in good standing.</p> <p><a href="#">Click here</a> to download from the Apple App Store  <a href="#">Click here</a> to download from the Google Play Store</p>
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<p><b>COACHES:</b></p>	<p>Coaches will be required to sign in at the Clerk of Course desk to verify their credentials, via SWIMS 3.0, are in good standing with USA-S and their respective LSC.</p> <p><b>Contact information for One (1) coach from each team MUST be submitted during check-in.</b></p>
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<p><b>COACHES MEETING:</b></p>	<p>A meeting for coaches will be announced after entries are received. The meeting may take place via Zoom prior to the meet. An in-person coaches meeting may occur Friday, July 21 at 7:15am for in-person discussion for those requiring clarification.</p>
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<p><b>AWARDS:</b></p>	<p>No individual awards will be given. The three highest scoring teams will be recognized but no award will be given.</p> <p><b>Outstanding Swimmer Recognition</b> – The male and female swimmer who scores the most individual points will be recognized as the "Outstanding Female Swimmer" and "Outstanding Male Swimmer."</p>
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<b>SCORING:</b>	<p>Individual and Relay events, including events for para swimmers, will be scored to 16 places. Swimmers who do not achieve the meet qualifying time in an event cannot score points in that event.</p> <p>Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</p>
<b>CONCESSIONS:</b>	<p>Concessions will be available. There will be hospitality for all coaches, officials, and meet management staff.</p>
<b>OFFICIALS:</b>	<p>ABSC welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an official's meeting 1 hour prior to the start of each session. The official's uniform will consist of a white polo collared shirt, navy blue shorts, skirts or slacks with white socks and white shoes. All officials must present at check in, their current LSC Officials Certification Card; <b>OR</b> a recently completed Apprentice Form; <b>AND</b> proof of current USA Swimming Non-Athlete membership. Credentials may be required for deck access and hospitality.</p>
<b>MEET JURY/TECHNICAL</b>	<p>The Meet Committee / Meet Jury shall be established during the coaching meeting or prior to the competition and shall consist of the Meet Director, Meet Referee, 2 Coaches, and 1 athlete member, as appropriate. As defined in the Official Glossary (2024 USA Swimming Rulebook)</p>
<b>GEORGIA WARM-UP POLICY:</b>	<p>The Georgia Swimming approved warm-up guidelines will be followed for this meet. Warm-up lane assignments will be posted at the pool. USA Swimming Certified Coaches must supervise in the vicinity of all warm-up activities.</p> <p><a href="https://drive.google.com/file/d/1peET74uNoLZu02OpF0sf-jvSIITJrash/view">https://drive.google.com/file/d/1peET74uNoLZu02OpF0sf-jvSIITJrash/view</a> Appendix A</p>
<b>GEORGIA SCRATCH RULE:</b>	<p><a href="https://drive.google.com/file/d/1peET74uNoLZu02OpF0sf-jvSIITJrash/view">https://drive.google.com/file/d/1peET74uNoLZu02OpF0sf-jvSIITJrash/view</a> Appendix B</p>
<b>MISC. INFORMATION:</b>	<p>Meet Updates (including parking policies, timer sign ups, psych sheets, heat sheets, and other information related to meet logistics) will be posted to the State Meet section of the ABSC website (<a href="http://www.athensbulldogs.com">www.athensbulldogs.com</a>). Results will also be published to Meet Mobile.</p>

## Order of Events

Women's Event Number	<b>Friday, July 26<sup>th</sup></b>	Men's Event Number
1	200 Free Relay (all heats in prelims)	2
3	100 Breast	4
5	200 Free	6
7	50 Back	8
9	100 Fly	10
11	400 IM*	12
13	800 Free Relay (all heats in finals)	14

Women's Event Number	<b>Saturday, July 27<sup>th</sup></b>	Men's Event Number
15	200 Medley Relay (all heats in prelims)	16
17	200 Fly	18
19	50 Free	20
21	200 Breast	22
23	100 Back	24
25	50 Breast	26
27	400 Free	28
29	400 Free Relay (all heats in finals)	30

Women's Event Number	<b>Sunday, July 28<sup>th</sup></b>	Men's Event Number
31	200 Back	32
33	100 Free	34
35	50 Fly	36
37	200 IM	38
39	400 Medley Relay (prelims)	40
41	800 Free	42
43	1500 Free	44

\*The 400 IM and 400 Free will be run with the top four heats first, slowest to fastest 4 heats of women followed by 4 heats of men, and the remaining heats run fastest to slowest alternating women/men.

\*\* The 800/1500 Freestyle heats will be swum fastest to slowest, alternating 1 heat each of women's 800, men's 800, women's 1500, men's 1500. *Check in for the 800/1500 Free will be Saturday before the start of finals.*

\*\*\*There may up to a 10-minute break each day during Prelims before the start of each day's distance event.





# 2024 SENIOR LC CHAMPIONSHIP QUALIFYING TIMES

## July 26<sup>th</sup> -28<sup>th</sup> – Athens, GA



Women	2024 LC State Champs	Men
2024 LC QT	EVENT	2024 LC QT
00:29.19	50 Free	00:26.19
01:03.39	100 Free	00:56.39
02:15.99	200 Free	02:04.69
04:48.89	400 Free	04:24.69
09:59.99	800 Free	09:12.99
18:59.99	1500 Free	17:39.99
	50 Back	
01:11.99	100 Back	01:05.79
02:34.49	200 Back	02:23.99
	50 Breast	
01:23.89	100 Breast	01:16.09
03:00.99	200 Breast	02:45.79
	50 Fly	
01:09.19	100 Fly	01:02.59
02:38.59	200 Fly	02:23.09
02:36.09	200 IM	02:22.19
05:30.99	400 IM	05:05.09

\*Qualifying Period Starts 04/01/2023

Para standards listed below.

body.				
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Para 1 LSC Motivational Time Standards			
	GIRLS		BOYS
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	15 & O P1	P1	15 & O P1
	LCM		LCM
	1:24.89	50 FR	1:18.29
	2:58.09	100 FR	2:56.69
	7:06.49	200 FR	4:50.89
	1:40.39	50 BK	1:05.39
	3:04.59	100 BK	2:22.69
	1:32.99	50 BR	1:10.59
	4:25.19	100 BR	3:24.89
	2:29.49	50 FL	2:12.39
6:10.49	150 IM	5:54.59	
Para 2 LSC Motivational Time Standards			
	15 & O P2	P2	15 & O P2
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper	LCM		LCM
	48.59	50 FR	44.79
	1:48.19	100 FR	1:38.79
	3:42.79	200 FR	3:28.89
	7:02.39	400/500 FR	6:48.79
	59.09	50 BK	50.69
	2:16.69	100 BK	2:06.79
	4:41.99	200 BK	3:57.99
	1:01.69	50 BR	57.39
	2:16.79	100 BR	2:07.19
	4:59.59	200 BR	4:34.59
	59.49	50 FL	46.39
	2:32.99	100 FL	2:25.39
	4:43.69	200 IM	4:19.09

Para 3 LSC Motivational Time Standards			
	15 & O P3	P3	15 & O P2
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	LCM		LCM
	39.69	50 FR	34.79
	1:24.79	100 FR	1:15.69
	3:28.99	200 FR	2:53.09
	6:16.39	400/500 FR	5:54.69
	13:52.79	800/1000 FR	13:32.49
	27:46.39	1500/1650 FR	27:40.29
	48.19	50 BK	39.89
	1:41.59	100 BK	1:24.09
	4:03.89	200 BK	3:21.79
	51.19	50 BR	43.59
	1:47.99	100 BR	1:36.79
	4:19.19	200 BR	3:31.89
	43.49	50 FL	37.89
	1:31.69	100 FL	1:19.59
	3:40.09	200 FL	3:21.39
	3:34.79	200 IM	3:03.59
8:26.99	400 IM	7:13.39	

## Necessary Accommodation Form

Swimmer's Name: \_\_\_\_\_ Meet: \_\_\_\_\_  
 \_\_\_\_\_ DATE: \_\_\_\_\_

Club \_\_\_\_\_ LSC \_\_\_\_\_ Coach: \_\_\_\_\_ Cell # (at  
 meet) \_\_\_\_\_

Accommodations needed; please describe.


Modifications needed; please describe.

Session	Event	Heat	Lane	Modification(s) Per Article 105

**Examples of Meet Accommodations:**

- Towel on block to start.
- Assistance at the block before the start. Takes longer to get to block or exit pool. Wall lane placement.
- Personal Assistant for mobility or communication.

**Examples of Modifications per Art. 105 in accordance with 105.1.2.**

- Sitting position on block 105.5.1.E(1).
- Starter's arm signals 105.3.1
- Personal Assistant for mobility, tapper (B/VI) or communication, etc. 105.1.3.C and elsewhere. Legs due to immobility are unable to perform Breaststroke Kick 105.5.2.

Please state all requested accommodations. While you are familiar with your athlete, we are not. Things that are obvious to you are not to officials who have never met your athlete.

**2024 Georgia Long Course Senior State Championships**  
**July 26<sup>th</sup> -28<sup>th</sup>, 2024**

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

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

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

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

Head Coach E-mail \_\_\_\_\_ Head Coach Cell \_\_\_\_\_

**All coaches from your team must be listed and have valid USA Swimming credentials.**

1. Coach \_\_\_\_\_ 2. Coach \_\_\_\_\_  
 3. Coach \_\_\_\_\_ 4. Coach \_\_\_\_\_

Individual Event Fee	\$12.00 x (number of athletes)	= _____
Relays	\$24.00 x (number of relays)	= _____
GA LSC Travel Fund	\$3.00 x (number of athletes)	= _____
Surcharge	\$21.00 x (number of athletes)	= _____
	<b>TOTAL</b>	= _____

**Submit one check payable to: ABSC**  
 c/o Clayton Foggin, Treasurer  
 139 Hope Avenue, Athens, GA 30606

Entries must be received on or before **July 13<sup>th</sup>, 2024.**  
 Email entries to: Jonathan Foggin ([jonathan@athensbulldogs.com](mailto:jonathan@athensbulldogs.com))

**WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:**

*I, the undersigned coach, or team representative, verify that all 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 and Georgia Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.*

I have reviewed RULE 302.4 FALSE REGISTRATION and understand that if a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Georgia Swimming Inc. may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

Signature/Title

Date