



First Wave (Ripple) Approved Meet Sunday, January 11, 2026 1:30 PM

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| <u>SANCTIONED BY:</u> | Held under the sanction of USA Swimming. Sanction No. 26SES&S1-11AP |
| <u>HOSTED BY:</u> | Streamline & Sprint Human Performance |
| <u>LOCATION:</u> | Levite Jewish Community Center 3960 Montclair Rd Birmingham, AL 35213 |
| <u>FACILITY:</u> | Indoor 6 lane, 25 yard with non-turbulent lane lines, Colorado Dolphin timing system. The competition course has NOT been certified in accordance with 104.2.2C(4). The water depth is a minimum of 3.5 feet to feet. Warm-up/warm-down lanes available at all times. |
| <u>RULES:</u> | <p>Current United States Swimming rules will govern the conduct of the meet. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. Southeastern Swimming safety guidelines and warm up procedures will be in effect.</p> <p>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or from behind the starting blocks. Deck changing into or out of swimsuits other than in locker rooms or rest rooms is prohibited.</p> <p>In the interest of safety and accident prevention, coaches and swimmers are asked to observe all posted pool rules and facility rules referred to in this meet information and to conduct themselves in a safe and prudent manner. Streamline & Sprint will not accept responsibility for anyone who climbs to an unsafe height for any reason.</p> <p>Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present.</p> <p>No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.</p> <p>1) A Technical Suit is one that has the following components:</p> <ol style="list-style-type: none">1. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or2. Any suit with woven fabric extending past the hips |
| <u>OFFICIALS:</u> | Meet Director: Chaz Carter Referee: Adam McGhee Starter: Steve Lebo Admin Official: Chaz Carter |

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| <u>WARM-UPS:</u> | 12:30 to 1:20 PM Southeastern Swimming safety guidelines and warm up procedures will be in effect. |
| <u>ELIGIBILITY:</u> | All swimmers must be 2026 USA Swimming Registered athletes. USA registration number must be listed on the entry form. No entry will be accepted without current registration numbers. There will be no on-deck USA Swimming membership registration. Coaches and officials must present evidence of certification as required by Southeastern Swimming. A swimmer's age on the 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. |
| <u>STARTING TIMES:</u> | Competition – 1:30 PM |
| <u>ENTRIES:</u> | Entries must be emailed to <u>chaz@streamlineandsprint.pro</u> by the deadline of <i>1:00 pm Saturday, January 3, 2026.</i> All entries must be submitted via HyTek entry file. Teams who do not have their entries submitted by the deadline will only be allowed to swim in the meet at the discretion of the Meet Director and will be subject to deck entry in available lanes. Events will not be reseeded for late entries and new heats will not be created for late entries. Each club must print and sign the waiver of liability below. Waiver must be turned in before the start of the meet with team payment. |
| <u>ENTRY DEADLINE:</u> | Entries must be emailed to <u>chaz@streamlineandsprint.pro</u> as a HyTek entry file by 1:00 pm <i>Saturday, January 3, 2026.</i> |
| <u>FEES:</u> | \$30.00 per individual swimmer surcharge \$1.50 per individual event \$6.00 per relay event Electronic Credit Card, Check and cash accepted. One payment per club is preferred. All entry fees are nonrefundable. |
| <u>LIMITS:</u> | Each swimmer may enter a maximum of five (5) individual events for the Ripple session. There is no limit to events entered in the “Ripple Mixed” session. Please only enter your swimmer(s) in these events if they are close to achieving a 2026 Southeastern Winter Championship time in that event. “Ripple Mixed” events will NOT be scored. |

| Ripple Mixed Session* | | |
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| Warm Up - 12:30 PM Meet - 1:30 PM | | |
| <u>GIRLS</u> | <u>EVENTS</u> | <u>BOYS</u> |
| 101 | Open 1000 Free | 101 |
| 102 | Open 100 Fly | 102 |
| 103 | Open 100 Back | 103 |
| 104 | Open 100 Breast | 104 |
| 105 | Open 100 Free | 105 |
| 106 | Open 200 IM | 106 |
| 107 | Open 200 Mixed Medley Relay | 107 |

Mixed Session events will not be scored

These events are being offered for swimmers
who are close to Southeastern qualifying times
ONLY

Mixed Session events will take place first.

A short second warm up session may be offered at the discretion of the meet ref.

| <u>Ripple Session</u> | | |
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| Warm Up - 12:30 PM Meet - 1:30 PM | | |
| <u>GIRLS</u> | <u>EVENTS</u> | <u>BOYS</u> |
| 1 | 12 & Under 25 Yard Butterfly | 2 |
| 3 | Open 50 Yard Butterfly | 4 |
| 5 | 12 & Under 25 Yard Backstroke | 6 |
| 7 | Open 50 Yard Backstroke | 8 |
| 9 | 12 & Under 25 Yard Breaststroke | 10 |
| 11 | Open 50 Yard Breaststroke | 12 |
| 13 | 12 & Under 25 Yard Freestyle | 14 |
| 15 | Open 50 Yard Freestyle | 16 |
| 17 | 12 & Under 100 Yard IM | 18 |
| 19 | Open 100 Yard IM | 20 |

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| <u>ENTRY ERRORS:</u> | A psych sheet and/or heat sheet will be emailed for review after the entry deadline. If there is an error, the swimmer will be deck-entered into an open lane of the heat nearest his/her entry time. The entire event will not be reseeded. |
| <u>MEET FORMAT:</u> | <p>This will be a timed finals meet.</p> <p>This is the first of the Wave Series timed finals meets taking place in January, March, May, and July. Point totals from this meet will be carried over and accumulated throughout the Wave Series of meets. Series high point winners will be awarded at the Tsunami Invitational in July.</p> |
| <u>SCRATCHES/ PENALTIES:</u> | All scratches should be submitted to the Clerk of Course by 2:15 pm the day of the competition. A swimmer may scratch a pre-seeded event on the block without penalty. A swimmer may not scratch from one event to enter another event. |
| <u>VOLUNTEERS & OFFICIALS:</u> | <p>Officials and apprentices from visiting teams are welcome and appreciated. Please contact the meet referee (TBD) with session(s) you are available to work. Dress in khaki pants/shorts/skirts, white shirts and white shoes. Please fill out information on “Team Information” page to be returned with entries. Officials must be members of USA Swimming and must present evidence of certification as required by Southeastern Swimming. Should there be any questions, meet officials will recognize only coaches or their designated representatives.</p> <p>Officials’ meeting will take place at the Starter’s Table 30 minutes before the start of the meet. Timers’ meeting will take place at Clerk of Course 15 minutes before the start of the meet.</p> |
| <u>SCORING/ AWARDS:</u> | <p>Points shall be awarded for first through fifth place as follows: 6-4-3-2-1. High point awards will be given to boys & girls in the following age groups: 6&Under, 7&8, 9&10, 11&12, 13&14, 15&Older. Mixed Session events will not be scored.</p> <p>Point totals from this meet will be carried over and accumulated throughout the “Wave Series” of meets. Series high point winners will be awarded at the Tsunami Invitational in July.</p> |
| <u>COACHES’ MEETING:</u> | A coaches meeting will be held 10 minutes prior to the start of the meet at the computer desk. |
| <u>RESULTS:</u> | Results will be posted in Meet Mobile. |
| <u>EVALUATION:</u> | Any comments, suggestions or evaluations should be sent to: <i>Admin@streamlineandsprint.pro</i> |



First Wave Block Party Meet

Hosted by Streamline & Sprint Human Performance

Sunday, January 11, 2026

2026 Waiver, Acknowledgment, and Liability Release

I the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

1. All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.
2. All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

And as:

False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not properly registered.

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. Streamline & Sprint Human Performance LLC, the Levite Jewish Community Center, LeCarter LLC, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet.

I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

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

Southeastern Swimming

SOUTHEASTERN LSC

INFORMATION FORM FOR SWIMMERS WITH A DISABILITY This non-mandatory form is for accommodation purposes.

Name _____

Address _____

Team _____ USA

Registration# _____ Age and Birth date: _____

Events to be

swum: _____/_____/_____/_____/_____/_____/_____/_____/_____/_____/_____/_____/

_____/_____/_____/_____/_____/

Type of Disability

Blind _____ Cognitive/Intellectual _____ Deaf _____ Physical _____ Other _____

Extent of Disability: Be specific e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

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

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

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