



Short Course Yards Meet

Sunday, July 12, 2026

SANCTIONED

BY:

This will be a USA Swimming Approved meet. USA Swimming rules will govern.
Meet Approval - 26SES&S7-12AP

HOSTED BY:

Streamline & Sprint Human Performance

LOCATION:

Birmingham Crossplex
2340 Crossplex Blvd
Birmingham, AL 35208

FACILITY:

Indoor 20 lane, 25 yard or 10 lane, 50 meter pool with non-turbulent lane lines, Colorado timing system and video scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The water depth is a minimum of 8 feet to 16 feet.
Warm-up/warm-down lanes available at all times.

RULES:

Current United States Swimming rules will govern the conduct of the meet unless where superseded by JSSC rules Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.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.

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.

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. Birmingham Swim League will not accept responsibility for anyone who climbs to an unsafe height for any reason.

Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present.

OFFICIALS:

Meet Director: Chaz Carter
Referee: Teresa Underwood
Admin Official: Shelby Segrest & Dan Rozick

WARM-UPS: AM Short Course Warm Up – 8:00 to 8:50 AM

Southeastern Swimming safety guidelines and warm up procedures will be in effect.

STARTING TIMES: **Short Course Competition – 9 AM**

ELIGIBILITY:

This will be a USA Swimming Approved meet. USA Swimming rules will govern. There will be no on-deck USA Swimming membership registration. 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. 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. 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. Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present. A minimum of two (2) Meet Marshalls (registered USA Swimming Non-Athlete members) will be present at this meet to enforce guidelines and safety on the pool deck. 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 to include the backstroke ledge. Swimming. A swimmer's age on the day of the meet will determine his or her age for the entire meet.

ENTRIES: Entries must be emailed to **chaz@streamlineandsprint.pro** by the deadline of ***1:00 pm Thursday, July 2, 2026.***

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.

ENTRY DEADLINE: Entries must be emailed to **chaz@streamlineandsprint.pro** as a HyTek entry file by ***1:00 pm Thursday, July 2, 2026.***

FEES: \$35.00 per individual swimmer.
\$4.00 per event

Electronic Credit Card, Check and cash accepted. **One payment per club is preferred.** All entry fees are nonrefundable. Payments may be made via online invoice which will be sent out once entries have been received. Make checks payable S&S. All check & cash payments must be submitted to clerk of course at the computer table.

LIMITS: Each swimmer may enter a maximum of **FIVE** (5) individual events for the meet.

<u>Short Course Yards Session</u>		
<u>GIRLS</u>	<u>EVENTS</u>	<u>BOYS</u>
1	100 IM	1
<u>2</u>	8 & under 25 Yard Breaststroke	2
3	Open 50 Yard Breaststroke	3
4	8 & Under 25 Yard Free	4
5	Open 50 Yard Free	5
6	8 & Under 25 Backstroke	6
7	Open 50 Yard Backstroke	7
8	8 & Under 25 Yard Butterfly	8
9	Open 50 Yard Butterfly	9
10	8 & Under 50 Yard Free	10
11	Open 100 Yard Free	11

**ENTRY
ERRORS:**

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.

**MEET
FORMAT:**

This will be a Short Course timed finals competition. The 100 IM will be mixed multi-age super seeded youngest to oldest .
All other events will be mix seeded by time Fastest to slowest.

**SCRATCHES/
PENALTIES:**

All scratches should be submitted to the Clerk of Course by 9:30 AM 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.

**VOLUNTEERS &
OFFICIALS:**

JSSC Officials, USA Officials and apprentices from visiting teams are welcome and appreciated. Please email the meet volunteer director

tsunamivolunteer@streamlineandsprint.pro

with official positions you are available to work. Dress in khaki pants/shorts/ skirts, white shirts and white shoes. Officials must be JSSC certified or 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.

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.

**SCORING/
AWARDS:**

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.

Meet high point will be given to top swimmer . Wave Series high point winners will be awarded to top 3 swimmers in each age group.

**COACHES'
MEETING:**

A coaches meeting will be held 10 minutes prior to the start of the meet at the computer desk.

RESULTS:

Results will be posted in Meet Mobile during the meet.

EVALUATION:

Any comments, suggestions or evaluations should be sent to:
Admin@streamlineandsprint.pro



Tsunami Summer Splash Invite

Hosted by Streamline & Sprint Human Performance

Saturday, July 12, 2025

Waiver, Acknowledgment, and Liability Release

I the undersigned coach or team representative, verify that all of the swimmers and coaches are aware that this is a USA Swimming Approved meet and swimmers who provide a valid USA Swimming ID# prior to the start of the meet will have their times uploaded to SWIMS and will be eligible for Southeastern Championship qualification.

I also acknowledge that I am familiar with the rules of JSSC, 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 Birmingham Crossplex, LeCarter LLC, JSSC, 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.

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.