



Third Wave (Rappid) Approved Meet

Saturday, May 2, 2026 11:30 AM

<u>SANCTIONED BY:</u>	Held under the sanction of USA Swimming. Sanction No.
<u>HOSTED BY:</u>	Streamline & Sprint Human Performance
<u>LOCATION:</u>	Riverchase Country Club 2000 Club Road Hoover, AL 35244
<u>FACILITY:</u>	Indoor 6 lane, 25 yard with non-turbulent lane lines, Colorado Dolphin & Time Drops 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. Birmingham Swim League 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: Mandy Johnson Starter: TBD Admin Official: Chaz Carter

<u>WARM-UPS:</u>	Session 1 - 10:30 to 10:55 AM Session 2 – 10:55 to 11:20 AM Southeastern Swimming safety guidelines and warm up procedures will be in effect.
<u>ELIGIBILITY:</u>	<p>All swimmers are welcome to participate in the meet. Athletes who are current and valid USA Swimming Registered athletes will have their times uploaded to the SWIMS database. USA registration number must be listed on the entry form. There will be no on-deck USA Swimming membership registration. Coaches and officials must present evidence of certification as required by Southeastern Swimming.</p> <p>A swimmer's age on the day of the meet will determine his or her age for the entire meet.</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 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.</p>
<u>STARTING TIMES:</u>	Competition – 11:30 AM
<u>ENTRIES:</u>	<p>Entries must be emailed to chaz@sspro.info by the deadline of 1:00 pm Friday, April 24, 2026.</p> <p>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.</p> <p>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.</p>
<u>ENTRY DEADLINE:</u>	Entries must be emailed to chaz@sspro.info as a HyTek entry file by 1:00 pm Friday, April 24, 2026 .
<u>FEES:</u>	<p>\$35.00 per individual swimmer \$3.00 per event \$10.00 per Time Trial Event</p> <p>Electronic Credit Card, Check and cash accepted. One payment per club is preferred. All entry fees are nonrefundable.</p> <p>Make checks payable S&S. All check & cash payments must be submitted to clerk of course at the computer table.</p>
<u>LIMITS:</u>	Each swimmer may enter a maximum of five (5) scored individual events for the entire meet. QM and Time Trial events do not count towards swimmer's event total.

Order of Events

<u>Rappids Session</u>		
<u>GIRLS</u>	<u>25's</u>	<u>BOYS</u>
1	Open Mixed 25 Free	1
2	Open Mixed 25 Breast	2
3	Open Mixed 25 Back	3
4	Open Mixed 25 Fly	4
***	3 Minute Break	***
100 IM		
<u>GIRLS</u>	<u>50's</u>	<u>BOYS</u>
6	Open Mixed 50 Free	6
7	Open Mixed 50 Breast	7
8	Open Mixed 50 Back	8
9	Open Mixed 50 Fly	9
***	3 Minute Break	***
200 IM		
<u>GIRLS</u>	<u>100's</u>	<u>BOYS</u>
11	Open Mixed 100 Free	11
12	Open Mixed 100 Breast	12
13	Open Mixed 100 Back	13
14	Open Mixed 100 Fly	14
***	3 Minute Break	***
400 IM		
<u>GIRLS</u>	<u>200's</u>	<u>BOYS</u>
16	Open Mixed 200 Free	16
17	Open Mixed 200 Breast	17
18	Open Mixed 200 Back	18
19	Open Mixed 200 Fly	19
***	3 Minute Break	***
Quintathlon Events		
2x Points	Mixed 200 QM [4x25 + 100 IM]	2x Points
3x Points	Mixed 400 QM [4x50 + 200 IM]	3x Points
4x Points	Mixed 800 QM [4x100 + 400 IM]	4x Points
5x Points	Mixed 1200 QM [400 IM + 4x200]	5x Points
Time Trial Events		
No Points	TT 50's	No Points
	TT 100's	
	TT 200's	

<u>MEET FORMAT:</u>	<p>This will be a timed finals meet.</p> <p>This is the third 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> <p>***Rappids Meet Format***</p> <p>All swimmers are permitted to enter five scored individual swims. Time Trial events will not be scored. Swimmers may earn a bonus scored event by participating in one of the combined QM events; QM events will not count towards a swimmer's event total.</p> <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 at the Tsunami meet.</p> <p>The Rappids Meet will move fast but rewards swimmers with bonus Quintathlon Medley (QM) points</p> <ul style="list-style-type: none"> • 200 QM - 4x25 + 100 IM Double Points [12, 8, 6, 4, 2] • 400 QM - 4x50 + 200 IM Triple Points [18, 12, 9, 6, 3] • 800 QM - 4x100 + 400 IM Quadruple Point [24, 16, 12, 8, 4] • 1200 QM - 400 IM + 4x200 Quintuple Points [30, 20, 15, 5] <p>Points will be awarded for the QM events as described above.</p> <p>Our goal is to encourage all swimmers to swim all strokes and try all distances by providing an opportunity for them to make informed strategic decisions about their event selection.</p>
<u>SEEDING:</u>	The meet will be seeded fastest to slowest by distance and time to allow for the most competitive races possible.
<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>SCRATCHES/ PENALTIES:</u>	All scratches should be submitted to the Clerk of Course by 1:10 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 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>	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 at the Tsunami meet in 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.
<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>	Un-Official live results will be posted in Meet Mobile.
<u>EVALUATION:</u>	Any comments, suggestions or evaluations should be sent to: <i>Admin@streamlineandsprint.pro</i>



Matthew 4:19

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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.

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

