



Long Course Meters Meet

Sunday, July 12, 2026

Sanctioned by Southeastern Masters Swimming for United States Masters Swimming, Inc.,
Sanction Number

This is a dual sanctioned meet, sanctioned by both USA Swimming (**#Sanction No.: 26SES&S7-12 TIME TRIAL SANCTION – 26SES&S7-12TT**) and U.S. Masters Swimming. This meet information and accompanying meet registration form is for members of U.S. Masters Swimming.

Swimmers who are registered with both organizations must declare in advance which organization they will represent during this meet. USA Swimming athletes are competing under USA Swimming sanction in accordance with USA Swimming Rules and Regulations, while USMS athletes are competing under the USMS sanction. No swimmer is competing under both sanctions at the same time.

This meet will be conducted in a “combined meet” format, meaning swimmers from both organizations are competing together in the same heats without specific lanes assigned to either organization. Because of this “combined meet” format, all swimmers will compete according to USA Swimming rules.

For further information on rules governing the conduct of dual sanctioned meets, please see <https://www.usms.org/volunteer-central/guide-to-local-operations/event-management/pool-meet-management/sanction-application-process>.

The USMS component of this meet will be held as timed finals and swum during the LCM session. Masters swimmers will be seeded along with USA Swimming members in the 15 and over age category based on time. Note that male and female swimmers will swim separately in separately numbered events. Separate event numbers also are assigned to younger swimmers; these numbers do not appear on the USMS entry form

<u>HOSTED BY:</u>	Streamline & Sprint Human Performance
<u>LOCATION:</u>	Birmingham Crossplex 2340 Crossplex Blvd Birmingham, AL 35208
<u>POOL SPEC:</u>	Indoor 10 lane, 50-meter pool or 20 lane, 25-yard with non-turbulent lane lines, Colorado timing system and video scoreboard. The water depth is a minimum of 8 feet to 16 feet. Warm-up/warm-down lanes available at all times. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.
<u>CHILDREN PRESENT:</u>	Please be aware that USA Swimming involves children and that is why USA Swimming is concerned about inappropriate contact between adults and non-adults.
<u>RULES:</u>	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. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest. 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 Human Performance 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.
<u>OFFICIALS:</u>	Meet Director: Chaz Carter Referee: Teresa Underwood Admin Officials: Shelby Segrest & Dan Rozick

<u>WARM-UPS:</u>	PM Long Course Warm Up – 3 to 3:50 P M At USA Swimming meets, it is common practice for certain lanes to be assigned to specific teams for warm up. The Meet Director will assign one lane during the warm up session to USMS swimmers. Please do not warm up in lanes assigned to USA Swimming teams.
<u>STARTING TIMES:</u>	Long Course Competition – 4 PM
<u>ELIGIBILITY:</u>	All swimmers swimming under the USMS sanction must be registered for 2026 with United States Masters Swimming, Inc. 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.
<u>ENTRIES:</u>	USMS members will email their completed meet entry form to chaz@streamlineandsprint.pro Entries must be emailed to <u>chaz@streamlineandsprint.pro</u> by the deadline of <i>1:00 pm Thursday, July 2, 2026.</i> All non-USMS entries must be submitted electronically 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. Deck entries will only be permitted to swimmers already in the meet and in empty lanes. No

	new heats will be created. Deck entries will close at 15 minutes prior to the start of the meet. 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 chaz@streamlineandsprint.pro as a HyTek entry file by <i>1:00 PM Thursday, July 2, 2026.</i>
<u>FEES:</u>	\$45.00 per individual swimmer Electronic Credit Card, and Check 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 <u>payable S&S</u>. All check payments must be submitted to clerk of course at the check in desk.
<u>LIMITS:</u>	Each swimmer may enter a maximum of Three (3) individual events and Two (2) relays for each session of the meet.

<u>Long Course Session</u> Warm Up 3 to 3:50 PM Competition 4 PM		
12	400 Medley Relay	13
14	50 Fly	15
16	200 Free	17
18	100 Breast	19
20	100 Back	21
22	400 IM <6:05.59>	23
24	50 Back	25
26	200 Fly	27
28	50 Free	29
30	200 Breast	31
32	400 Free <7:10.99 LCM>	33

34	100 Fly	35
36	400 Mixed Medley Relay	37
38	50 Breast	39
40	200 Back	41
42	100 Free	43
44	200 IM	45
46	50 Free	47
48	800 Free <11:40.99 LCM>	49

<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>LAST CHANCE MEET FORMAT:</u>	This will be a timed finals last chance meet designed to provide swimmers with one more opportunity to achieve qualifying times while keeping the session moving efficiently. To best manage the timeline, events may be seeded with the fewest heats possible. When appropriate, age groups and genders may be combined within the same event and heat; however, results will be separated and reported by the proper age group and gender divisions. The Meet Director reserves the right to combine heats, events, ages, and genders as needed to maintain a safe, fair, and efficient meet flow. To maintain the efficiency of the meet timeline the 400 IM, 400 Free, and 800 Free individual events will all have a minimum time standard for entry. The minimum time standard for entry in the 400 IM, 400 Free, 800 Free are posted in the event list. Positive check in for these events will be due no later than 4:30 PM on the day of the meet. The Meet Director and Meet Referee reserve the right to modify operations to suit the needs of the meet, including combining events or heats and adding breaks. If entries exceed expectations the Meet Director and Meet Referee may choose to run the meet with Chase starts.
<u>SCRATCHES/ PENALTIES:</u>	All scratches should be submitted to the Clerk of Course by 20 minutes before the start of each session. 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>	Officials and apprentices from visiting teams are welcome and appreciated. Please contact Teresa Underwood (tmagnus@magnus-us.com) with session(s) you are available to work and highest level of certification. Dress in blue pants/shorts/skirts, white shirts and white shoes. 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. Officials' meeting will take place in the hospitality room 1 hour before each session. Timers' meeting will take place at Clerk of Course 30 minutes before each session.
<u>SCORING/ AWARDS:</u>	NO AWARDS will be given out during the long course session.
<u>COACHES' MEETING:</u>	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: <i>Brad Kale: coachaquatics@gmail.com</i>

CROSSPLEX NATATORIUM FOOD AND BEVERAGE POLICY

- No outside food/beverages may be brought into the CrossPlex during events by spectators and/or coaches and athletes. This includes coolers, bags and backpacks containing such Items.
- Attendees with coolers, bags and backpacks containing food/beverages will be asked to return them to their vehicles prior to entering the CrossPlex.
- Attendees displaying beverage cups and/outside food bags looking to enter the CrossPlex will be asked to either place those items in external trash receptacles or consume these items outside prior to entering the CrossPlex.
- Athletes may purchase food and beverages at CrossPlex Concession Stands located in the lower concourse. These items with the exception of nachos will be allowed on the Natatorium deck.
- Meet Administration, coaches, officials and volunteers may remove snacks and beverages from the on- deck hospitality room during the event.
- Attendees failing to cooperate with these policies may be asked to leave the CrossPlex.
- Athletes may bring their own empty refillable water bottle. Water coolers will be made available on the pool deck.
- No collapsible chairs of any kind are allowed in the CrossPlex. There is adequate seating in the natatorium bleachers.



Hosted by Streamline & Sprint Human Performance

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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 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, 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.



USMS Entry Form

LAST NAME _____ FIRST NAME _____ EMAIL _____

POSTAL ADDRESS _____

DAYTIME PHONE () _____ - _____ EVENING PHONE () _____ - _____

BIRTHDATE _____ AGE AS OF 12/31/2026 _____ USMS MEMBERSHIP # _____

CLUB NAME _____ CLUB ABBREVIATION _____

Sunday, July 12, 2026

WOMEN			MEN	
Event No.	Entry Time		Entry Time	Event No.
12	_____	400 METER MEDLEY RELAY	_____	13
14	_____	50 METER BUTTERFLY	_____	15
16	_____	200 METER FREE	_____	17
18	_____	100 METER BREASTROKE	_____	19
20	_____	100 METER BACKSTROKE	_____	21
22	_____	400 METER INDIVIDUAL MEDLEY	_____	23
Event No.	Entry Time		Entry Time	Event No.
24	_____	50 METER BACKSTROKE	_____	25
26	_____	200 METER BUTTERFLY	_____	27
28	_____	50 METER FREESTYLE	_____	29
30	_____	200 METER BREASTSTROKE	_____	31
32	_____	400 METER FREESTYLE	_____	33
34	_____	100 METER BUTTERFLY	_____	35
36	_____	400 METER MIXED MEDLEY RELAY	_____	37
Event No.	Entry Time		Entry Time	Event No.
38	_____	50 METER BREASTTROKE	_____	39
40	_____	200 METER BACKSTROKE	_____	41
42	_____	100 METER FREESTYLE	_____	43
44	_____	200 METER INDIVIDUAL MEDLEY	_____	45
46	_____	50 METER FREESTYLE	_____	47
48	_____	800 METER FREESTYLE	_____	49

IMPORTANT:

ALL SWIMMERS MUST INCLUDE A COPY OF THEIR CURRENT (2026) USMS MEMBERSHIP AND SIGN THE USMS LIABILITY RELEASE. SEND BY EMAIL TO chaz@streamlineandsprint.pro.

DEADLINE: 1 PM, Thursday, July 2nd.



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); Grown-Up Swimming meets or workouts; and/or related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, viral or bacterial infection including but not limited to COVID-19, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations, including the [Code of Conduct](#) and any safety regulations established by USMS. I accept sole responsibility for my own conduct and actions while participating in the Events and acknowledge that violations of the code of conduct may result in disciplinary action up to and including suspension of USMS membership.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, contractors, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USA Swimming Foundation; Grown-Up Swimming, LLC; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Revised 10/30/2024