



2025
REGION 3 CHAMPIONSHIP

February 7-9, 2025

Hosted by: Birmingham Swim League

Birmingham Crossplex

SOUTHEASTERN SWIMMING, INC.
2025 REGION 3 CHAMPIONSHIPS
February 7-9, 2025

SANCTIONED BY: This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming. USA Swimming technical rules and regulations will be followed with the exception of items specifically addressed in the meet information Sanctioned by Southeastern Swimming, Inc.

Held under the sanction of USA Swimming and Southeastern Swimming, Inc.
Sanction No. 25SEBSL2-7

Time Trial Sanction No. 25SEBSL2-7TT

HOSTED BY: Birmingham Swim League (swimbsl.com)

LOCATION: Birmingham CrossPlex (www.birminghamcrossplex.com)
2337 Bessemer Road
Birmingham, AL 35208
205-279-8900

FACILITIES: 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. 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.

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.

Emergency medical personnel will be available on the pool deck at all times provided by the City of Birmingham

No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

1) A Technical Suit is one that has the following components:

- a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- b. Any suit with woven fabric extending past the hips.

OFFICIALS:

Meet Director: Dan Rozick

Entry Chair: Dan Rozick (drozick.bsl@gmail.com)

Meet Referee: Teresa Underwood (tmagnus@magnus-us.com)

Admin Official: Erin Stephenson (ekkstephenson@gmail.com)

Officials from visiting teams are welcome and appreciated. Please contact Teresa Underwood with session(s) you are available to work. Dress in navy 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.

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.

ELIGIBILITY:

All swimmers must be USA Swimming Registered athletes for 2025. 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 first 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. 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.

ENTRIES:

Entries will **close at 11:59PM CDT on Wednesday, January 29th, 2025**. "No Time" (NTs) entries will not be accepted for this meet, all swimmers must be entered with a time.

The MEET ENTRY CHAIRMAN must receive an Event Entry File, Entry Report, & Entry Fees Report with all entries. Email confirmations will be sent out as entries are received. Please make sure the meet entry chair confirms your entries. Please make one check payable to BSL. No entry fees will be refunded. Late entries may be accepted at the discretion of the Meet Entry Chairman.

However, late entries will be accepted on a "lane available" basis, new heats will not be created, and names may not appear in the heat sheet. All "new to the meet" late entry swimmers must present their 2025 USA Swimming registration. Swimmers should be entered at their best competitive SC times. Times will not be changed because of times made after entry deadline. Entries can be submitted as a HY-TEK

Team Manager entry file along with a printout of entries via e-mail. If there are discrepancies the electronic information will be used.

ENTRY ERRORS: A psych sheet will be posted for review after the entry deadline. Once seeded, events will not be reseeded. If BSL has made an error the swimmer will be deck entered in an open lane of the heat nearest his/her entry time or in a new heat. The entire event will not be re-seeded.

HEAT SHEETS: Electronic Heat Sheets will be accessible on the BSL website in a printable format.

E-MAIL ENTRIES TO: E-Mail: drozick.bsl@gmail.com
Note: If entries are e-mailed, a hard copy must also be sent, along with a check. Questions about entries should be directed to Dan Rozick at drozick.bsl@gmail.com

ENTRY DEADLINE: Entry deadline is Wednesday January 29th, 2025 by 11:59 PM.

FEES:

Individual Events:	\$7.00 per individual event
Relay Events:	\$12.00 per relay event
Late Entries:	\$10.00 per individual event
Athlete Surcharge:	\$24.00 per swimmer (full heat sheet online)

LIMITS: 11 & older swimmers may enter a maximum of 7 individual events and 2 relays: 1 individual event on Friday, and 3 individual events and 1 relay on Saturday and Sunday each.

10 & under swimmers may enter a maximum of 10 individual events and 2 relays: 5 individual events and 1 relay each day.

All events of a distance 200 yards or greater will require a "B" qualifying standard as set by 2021-2024 USA Swimming Age Group Motivational Times

DISABILITIES: Swimmers with disabilities are welcome and are encouraged to complete the Information Form for Disabled Swimmers and return it with the entries.

SCRATCHES/ SCRATCH: All scratches should be submitted to the Clerk of Course as soon as possible to provide lanes for possible late entries. A swimmer may scratch a pre-seeded event on the blocks without penalty. Swimmers entered in a deck-seeded event, who have checked in for that event, must swim in the event unless they notify the Clerk of Course (before seeding for that event has been done) that they wish to scratch. Swimmers will have 30 minutes after results have been announced to scratch from finals. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from their next individual event in which they are entered, whether it is that day or the next day, or the swimmer can pay a \$50.00 re-entry fee to be allowed into their next event.

MEET FORMAT: This is a prelims/finals finals meet for 11 & up swimmers, and a timed finals meet for the 9-10 and 8 & under age groups. Finals will be the top 20 swimmers separated into a consolation and final heat for each age group; 11-12, 13-14, 15 & over. The 500 Free, 1650 Free, and 400 IM will be Timed Final events, swum fastest to slowest. The 12 & under 500 Free and 13 & over 1650 Free will swim alternating gender by heats. All events will be pre-seeded, slowest to fastest, except the 500 Free, 1650 Free, 400 IM

and all relays, which will be deck-seeded. Relay cards will be due 30 minutes after the start of the session in which they are swum. Swimmers must sign-in with the Clerk of Course for all deck-seeded events. If a swimmer misses an individual deck seeded event, then they will be removed from their next event in the meet, or pay a \$50.00 fee in order to participate in their next event.

Two 25 yard pools will be used for the preliminary sessions, a 7 lane pool and a 8 lane pool. Pools will be separated based on entries, i.e. if there are less male entries the male events will swim in the 7 lane pool while the female events will swim in the 8 lane pool. One 10 lane, 25 yard pool will be used for Finals and Timed Finals sessions

Relay cards will be included in the coach's packet for each team and must be filled out and returned to the Clerk of the Course IF any changes are made. All 11 & over relays will swim in the finals sessions while all 10 & under relays will swim in the prelims sessions. Relay cards/changes are due 30 minutes after the start of the session in which they are swum.

Sign-in deadlines for the 500 Free & 400 IM are 30 minutes after the event's session begins. The sign-in deadline for the 12 & under 500 Free and 13 & up 1650 Free is 4:30 PM on Friday Feb. 2nd. If the swimmer is not checked in with the Clerk of Course, the swimmer is legally scratched from the event. Only the swimmer or his/her coach may sign in for deck-seeded events.

The Meet Referee may choose to run flyover starts at their discretion.

TIME TRIALS: Time Trials will be held at the discretion of the meet director & meet referee if time allows.

DECK ENTRIES: Deck entries will not be accepted.

SCORING & Individual events first through eighth places: 9-7-6-5-4-3-2-1.

AWARDS: Relay events first through eighth places: 18-14-12-10-8-6-4-2.

For 8 & Under Events:

- Large Medals will be given for 1st-3rd place for individual events and 1st for relays.
- Medals will be given for 4th-8th place for individual events and 2nd-4th for relays.
- "Best All Around" trophies will be awarded to top two scoring individuals for each age group for both girls and boys.
- Plaque will be awarded to age group team champions of each gender based on total individual points and the single highest-ranking relay.

For 10&U, 11-12, 13-14, and Open Events:

- Medals will be given for 1st-3rd place for individual events
- Ribbons will be given for 4th-8th place for individual events and 1st-4th for relays

Awards will be given at the end of the Sunday sessions. Awards will not be mailed. Please have someone from your team present to pick them up.

RESULTS: Meet results will be posted during the meet and unofficial results will be available on Meet Mobile. Final Results will be posted on the BSL website (www.swimbsl.com) at the end of the meet. No MM or TM backups will be done at the

meet until all scoring is completed and awards announced.

STARTING TIMES:

	<u>Warm-up</u>	<u>Competition</u>
Friday PM:	4:00-4:50 PM	5:00 PM
Saturday 11 & over:	7:00-8:20 AM	8:30 AM
Saturday 10 & under:	12:00 PM-12:50 PM	1:00 PM
Saturday Finals:	4:00-4:50 PM	5:00 PM
Sunday 11 & over:	7:00-8:20 AM	8:30 AM
Sunday 10 & under:	12:00 PM-12:50 PM	1:00 PM
Sunday Finals:	4:00-4:50 PM	5:00 PM

WARM-UPS:

Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet.

The Meet Director will post and announce the warm-up assignments prior to the start of the meet warm-up. Swimmers attending the meet without a coach must report to the Meet Director or Referee to be assigned a coach for warm-up prior to each session unless their coach has submitted a Swimmer Assignment form prior to the meet.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

TIMERS:

For each Preliminary Session, teams with 6-30 swimmers will be asked to provide 1 timer and teams with 30 & more swimmers will be asked to provide 2 timers. In advance of the meet, please provide the name, cell number, and email address of the timer(s) for each session.

HOSPITALITY:

Hospitality will be provided each day for coaches and officials.

EVALUATION:

Any comments, suggestions or evaluations should be sent to:

John Boxmeyer

jboxmeyer@hotmail.com

COACHES:

Coaches must present his/her current USA-S coaching credentials (USA Card or Deck Pass) at check-in. No coach will be allowed on deck without proof of coaching credentials and must have them at all times on deck. A coaches' meeting will be held at the Hospitality room immediately after the warm up and before the first event on Saturday. No swimmers will be allowed in the pool during this time.

Friday February 7, 2025

SESSION 1

GIRLS	EVENT	BOYS
1	12 & under 500 Freestyle	2
3	13 & up 1650 Freestyle	4

Saturday February 8, 2025

11 & over SESSION 2

GIRLS	EVENT	BOYS
5	11-12 200 Freestyle	6
7	13-14 200 Freestyle	8
9	Senior 200 Freestyle	10
11	11-12 100 Butterfly	12
13	13-14 100 Butterfly	14
15	Senior 100 Butterfly	16
17	11-12 50 Breaststroke	18
19	13-14 200 Breaststroke	20
21	Senior 200 Breaststroke	22
23	11-12 100 Backstroke	24
25	13-14 100 Backstroke	26
27	Senior 100 Backstroke	28
29	11-12 50 Freestyle	30
31	13-14 50 Freestyle	32
33	Senior 50 Freestyle	34
35	11-12 200 IM	36
37	13 & up 400 IM	38
39	11-12 200 Medley Relay*	40
41	13-14 200 Medley Relay*	42
43	Senior 200 Medley Relay*	44

**Swims in Finals*

10 & under SESSION 3

GIRLS	EVENT	BOYS
45	10 & U 200 Freestyle	46
47	9-10 50 Butterfly	48
49	8 & under 25 Butterfly	50
51	10 & under 100 Breaststroke	52
53	8 & under 50 Breaststroke	54
55	9-10 50 Backstroke	56
57	8 & under 25 Backstroke	58
59	9-10 50 Freestyle	60
61	8 & under 50 Freestyle	62
63	10 & under 200 IM	64
65	8 & under 100 Medley Relay	66
67	9-10 200 Medley Relay	68

Saturday Finals SESSION 4

GIRLS	EVENT	BOYS
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	13-14 200 Medley Relay	
	Senior Medley Relay	
	11-12 200 Freestyle	
	13-14 200 Freestyle	
	Senior 200 Freestyle	
	11-12 100 Fly	
	13-14 100 Fly	
	Senior 100 Fly	
	11-12 50 Breaststroke	
	13-14 200 Breaststroke	
	Senior 200 Breaststroke	
	11-12 100 Backstroke	
	13-14 100 Backstroke	
	Senior 100 Backstroke	
	11-12 50 Freestyle	
	13-14 50 Freestyle	
	Senior 50 Freestyle	
	11-12 200 IM	

Sunday February 9, 2025

11 & Over SESSION 5

GIRLS	EVENTS	BOYS
69	11-12 100 IM	70
71	13-14 200 IM	72
73	Senior 200 IM	74
75	11-12 100 Breaststroke	76
77	13-14 100 Breaststroke	78
79	Senior 100 Breaststroke	80
81	11-12 50 Backstroke	82
83	13-14 200 Backstroke	84
85	Senior 200 Backstroke	86
87	11-12 100 Freestyle	88
89	13-14 100 Freestyle	90
91	Senior 100 Freestyle	92
93	11-12 50 Butterfly	94
95	13-14 200 Butterfly	96
97	Senior 200 Butterfly	98
99	13 & up 500 Freestyle	100
101	11-12 200 Freestyle Relay	102
103	13-14 200 Freestyle Relay*	104
105	Senior 200 Freestyle Relay*	106

****Swims in Finals***

10 & under SESSION 6

GIRLS	EVENT	BOYS
107	8 & under 25 Freestyle	108
109	9-10 100 IM	110
111	8 & under 100 IM	112
113	9-10 50 Breaststroke	114
115	8 & under 25 Breaststroke	116
117	10 & under 100 Backstroke	118
119	8 & under 50 Backstroke	120
121	9-10 100 Freestyle	122
123	8 & under 100 Freestyle	124
125	10 & under 100 Butterfly	126
127	8 & under 50 Butterfly	128
129	9-10 200 Freestyle Relay	130
131	8 & under 100 Freestyle Relay	132

Sunday Finals SESSION 7

GIRLS	EVENTS	BOYS
	13-14 200 Freestyle Relay	
	Senior Freestyle Relay	
	11-12 100 IM	
	13-14 200 IM	
	Senior 200 IM	
	11-12 50 Backstroke	
	13-14 200 Backstroke	
	Senior 200 Backstroke	
	11-12 100 Freestyle	
	13-14 100 Freestyle	
	Senior 100 Freestyle	
	11-12 50 Butterfly	
	13-14 200 Butterfly	
	Senior 200 Butterfly	

TEAM INFORMATION

Club Name:				Club Initials:	
Address:					
LSC:		Head Coach:			Cell Phone:
Contact Person:				Contact Phone No:	
Fax No:			Email:		
Coaches Attending	Name:		Cell Phone:		Coaches Expiration:
	1				
	2				
	3				
	4				
Number of Swimmers Entered:			Attached:		
			Unattached:		
			Total:		
Summary of Fees					
No. Of SES Swimmers:			x \$24.00 Surcharge =		
No. Of Individual Events:			x \$7.00 per Event Entry Fee =		
No. Of Relays:			x \$12.00 per Relay Event Entry Fee =		
			Total Due = \$		
Officials Attending Meet					
	Name		Certification		Email Address
1					

2			
3			

2022 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:

All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in practices and USA Swimming sanctioned competition are members of USA Swimming.

Anyone who coaches swimmer at a USA Swimming practice or competition, must be a coach member of USA Swimming and must have satisfactorily completed safety training, criminal background checks and other coaches' education as 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. Birmingham Swim League, City of Birmingham, Alabama, 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:

ENTRY FORM

		EVENT #	EVENT NAME	BEST TIME	EVENT #	EVENT NAME	BEST TIME
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							
DATE OF BIRTH	SEX						
NAME OF SWIMMER							
USS REGISTRATION NO.							

DATE OF BIRTH	SEX						

Times should be in SHORT COURSE YARDS
Please duplicate as needed

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.

.....
Meet Director Email: drozick.bsl@gmail.com

Meet Referee Email: tmagnus@magnus-us.com

Disability Chair Email: robin@seastarsaquatics.org

RECOMMENDED HOTELS:



2341 Crossplex Boulevard
[Birmingham](#), AL [35208](#)

Reservations: **1-800-881-1523**

Group Sales: **1-205-730-7800**

Matthew Nesbitt – Director of Sales

Email: sales@ciscrossplexvillage.com



**EMBASSY
SUITES**

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Birmingham

Embassy Suites by Hilton Birmingham

<http://embassysuites3.hilton.com/en/hotels/alabama/embassy-suites-by-hilton-birmingham-BHMYCES/index.html>

2300 Woodcrest Place, Birmingham, Alabama, 35209,
USATEL: +1-205-879-7400 FAX: +1-205-870-4523

THE WESTIN
BIRMINGHAM

www.Westin.com/Birmingham

2221 Richard Arrington Jr. Blvd N
Birmingham, AL 35203
205-307-3600



www.Sheraton.com/Birmingham

2101 Richard Arrington Jr. Blvd N
Birmingham, AL 35203
205-324-5000



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

