



# 10 & Under Metros

Hosted By:  
SwimAtlanta

March 21-22, 2026

Sanction #: **undefined**

<b>Meet Director:</b> Wil Bayer <a href="mailto:wil@swimatlanta.com">wil@swimatlanta.com</a> Chris Davis Jr <a href="mailto:chrisjr@swimatlanta.com">chrisjr@swimatlanta.com</a>	<b>Meet Referee:</b>  <b>Jason Lamb</b>	<b>Admin Official:</b>  Cheryl Loprinzo <a href="mailto:entries@swimatlanta.com">entries@swimatlanta.com</a>
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<b>SANCTION:</b>	Held under the sanction of USA Swimming, through Georgia Swimming Inc.															
<b>LIABILITY:</b>	In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and HOST CLUB NAME," shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.															
<b>FACILITY:</b>	<p>Cumming Aquatic Center          201 Aquatic Cir          Cumming, GA 30040</p> <p>This facility's competition pool is a 10-lane, 25-yard course, with designated warmup/down space, separated by a bulkhead. The start ends equal a depth of 8 feet and turn end depth equals 5 feet. The competition course has been certified in accordance with 104.2.2C(4). The certification is on file with USA Swimming, Inc., and Georgia Swimming, Inc.          Meet host will ensure the required course dimensions.</p> <p>.</p>															
<b>MEDICAL SUPERVISION:</b>	Lifeguards will be present for the entire meet.															
<b>SESSION SCHEDULE:</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 10%;">Session #</th> <th style="width: 15%;">Date</th> <th style="width: 45%;">Name</th> <th style="width: 15%;">Warmup</th> <th style="width: 15%;">Start</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">March 21</td> <td style="text-align: center;">Session 1</td> <td style="text-align: center;">12:00pm</td> <td style="text-align: center;">1:00pm</td> </tr> <tr> <td style="text-align: center;">2</td> <td style="text-align: center;">March 22</td> <td style="text-align: center;">Session 2</td> <td style="text-align: center;">8:30am</td> <td style="text-align: center;">9:30am</td> </tr> </tbody> </table>	Session #	Date	Name	Warmup	Start	1	March 21	Session 1	12:00pm	1:00pm	2	March 22	Session 2	8:30am	9:30am
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<b>MEET FORMAT:</b>	<ul style="list-style-type: none"> <li>● <b>Course Type:</b> Short Course Yards</li> <li>● <b>Event Format:</b> Slow to Fast</li> <li>● <b>Finals Type:</b> Timed Finals</li> <li>● <b>Lanes for Competition:</b> 10</li> <li>● <b>Warmup Lanes:</b> 10 lanes will be available for warm up/warm down throughout meet.</li> </ul>															
<b>ENTRY FEES:</b>	<ul style="list-style-type: none"> <li>● <b>FACILITY SURCHARGE:</b> \$10.00</li> </ul>															

	<ul style="list-style-type: none"> <li>● IND. EVENT FEE: \$12.00 / Event</li> <li>● LATE IND. ENTRIES: \$24.00 / Event</li> <li>● RELAYS: - \$24.00 / Event</li> <li>● LATE RELAY ENTRIES: \$48.00 / Event</li> </ul> <ul style="list-style-type: none"> <li>● GA LSC Travel Fund \$3.00 / Georgia LSC registered athlete</li> <li>● GA travel fee \$6.00 / non-Georgia LSC registered athlete</li> </ul>
<b>ELIGIBILITY:</b>	<p><b>MEET TYPE: Open</b> Open to all registered USA Swimmers. No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.</p>
<b>SWIMMERS WITH A DISABILITY:</b>	Athletes with a disability are welcomed, but advance notice of desired accommodation must be provided to the Meet Referee via the <a href="#">NECESSARY ACCOMODATIONS FORM</a> , which should be submitted by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.
<b>ENTRIES:</b>	<p><b>Daily Limits:</b> Swimmers may swim a maximum of 4 individual events per day.  <b>Relays:</b> Relay teams must be made up of swimmers from the same club and cannot include unattached swimmers.  <b>Deck Entries:</b> Deck entries can be made with the clerk of course up to 30 minutes before the start of the session.  <b>Time Trials:</b> Time Trials WILL count towards daily event limits.</p>
<b>CHECK IN:</b>	Info about Check In procedures/locations goes here.
<b>CLERK of COURSE:</b>	Session 1: 12:00pm-1:00pm Session 2: 8:30am-9:30am
<b>ENTRY SUBMISSION:</b>	<p>Submit one check payable to: <b>SwimAtlanta</b>  Entries must be received on or before: March 15, 2026  Entries should be emailed to : <b>entries@swimatlanta.com</b></p> <p>Other Info Here</p>
<b>RULES:</b>	<p><b>Current USA Swimming Rules will govern this meet.</b></p> <ul style="list-style-type: none"> <li>● All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</li> <li>● On Deck USA-S registration will be permitted at the discretion of the Meet Director and/or Meet Referee.</li> <li>● In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, restrooms, or locker rooms. Per GA Swimming policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</li> <li>● Deck changes are prohibited.</li> </ul>

	<ul style="list-style-type: none"> <li>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.</li> <li>Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</li> </ul>
<b>CREDENTIALS:</b>	Only athletes, USA Swimming certified coaches, and USA Swimming officials, in good standing, will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times. Parents not working the meet as a volunteer or other position are not permitted on deck.
<b>OFFICIALS:</b>	HOST CLUB welcomes visiting officials and apprentices and will appreciate help in officiating this competition. There will be an official's meeting 1 hour prior to the start of each session. The official's uniform will consist of a white polo collared shirt, navy blue shorts, skirts or slacks with white socks and white shoes. All officials must present at check in, their current LSC Officials Certification Card; OR a recently completed Apprentice Form; AND proof of current USA Swimming Non-Athlete membership. Credentials may be required for deck access and hospitality.
<b>AWARDS:</b>	n/a
<b>SCORING:</b>	n/a
<b>CONCESSIONS:</b>	none
<b>GEORGIA WARM-UP POLICY:</b>	The <a href="#">GA Swimming Warm Procedures and Safety Policies</a> will be followed.
<b>GA. SCRATCH RULE:</b>	The <a href="#">Georgia Swimming Scratch Rule</a> will be in effect for this meet.



# Event Schedule

Saturday, March 21

## Session 1: Warmup 12:00pm Start 1:00pm

Girls Event #	10 & Under Event	Boys Event #
1	200 Medley Relay	2
3	25 Butterfly	4
5	200 Freestyle	6
7	50 Breaststroke	8
9	100 Backstroke	10
11	50 Butterfly	12
13	25 Freestyle	14
15	100 Individual Medley	16
17	200 Freestyle Relay	18

Sunday, March 22

## Session 2: Warmup 8:30am Start 9:30am

Girls Event #	10 & Under Event	Boys Event #
19	200 Medley Relay	20
21	100 Freestyle	22
23	200 Individual Medley	24
25	50 Backstroke	26
27	25 Breaststroke	28
29	100 Butterfly	30
31	50 Freestyle	32
33	100 Breaststroke	34
35	25 Backstroke	36
37	500 Freestyle	38

**10 & Under Metros / March 21-22**

Team Name \_\_\_\_\_ Team abbreviation \_\_\_\_\_

Team Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Head Coach \_\_\_\_\_

Head Coach E-mail \_\_\_\_\_ Head Coach Cell \_\_\_\_\_

***All coaches from your team must be listed and have valid USA Swimming credentials.***

1<sup>st</sup> Coach \_\_\_\_\_ 2<sup>nd</sup> Coach \_\_\_\_\_

3<sup>rd</sup> Coach \_\_\_\_\_ 4<sup>th</sup> Coach \_\_\_\_\_

Facility Surcharge Fee	\$ 10.00 x (number of athletes)	= _____
Individual Event Fee	\$ 12.00 x (number of events)	= _____
Relays	\$24.00 x (number of relays)	= _____
GA LSC Travel Fund	\$3.00 x (number of athletes)	= _____
Non-GA LSC registered athletes	\$6.00 x (number of athletes)	= _____
	<b>TOTAL</b>	= _____

**Submit one check payable to:**

Entries must be received on or before March 15, 2026 Email entries to: [entries@swimatlanta.com](mailto:entries@swimatlanta.com)

***WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:***

*I, the undersigned coach, or team representative, verify that all swimmers and coaches listed on the enclosed entry are registered with USA Swimming.*

*I acknowledge that I am familiar with the safety rules of USA Swimming and Georgia Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.*

I have reviewed RULE 302.4 FALSE REGISTRATION and understand that if a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Georgia Swimming Inc. may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

\_\_\_\_\_  
Signature/Title

\_\_\_\_\_  
Date