

Hosted By:



Best of the South



Date(s): 03/06/2026 - 03/08/2026

Sanction #: GA26-030/STT

<p>Meet Director: Chris Davis Jr. chrisjr@swimatlanta.com</p> <p>Wil Bayer wil@swimatlanta.com</p>	<p>Meet Referee:</p> <p>Jason Lamb jlamb.usaswim@gmail.com</p>	<p>Admin Official:</p> <p>Cheryl Loprinzo entries@swimatlanta.com</p>
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SANCTION:	Held under the sanction of USA Swimming, through Georgia Swimming Inc.
LIABILITY:	In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
FACILITY:	<p style="text-align: center;">Georgia Tech - McAuley Aquatic Center 750 Ferst Drive Atlanta, GA 30332 404-385-7529</p> <p>This facility seats 1,900 and contains both a competition pool and diving well. The competition pool is 50 meters by 10 lanes, with two movable bulkheads so that courses can be set up for 25 yards or 25 meters. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming & Georgia Swimming. The water depth of the pool is 9 1/2 feet at start end and 9 1/2 feet at turn end. (Measured from 3' 3 1/2" (1.0 mtr) to 16'5" (5 mtrs) from both end walls).</p> <p>Meet host will ensure the required course dimensions.</p>
MEDICAL SUPERVISION:	Lifeguards and AED Device will be available to athletes during the meet.

SESSION SCHEDULE:

Session #	Date	Name	Warmup	Start
1	2026-03-06	Friday Prelims	8:00 AM	9:15 AM
2	2026-03-06	Friday Finals	5:00 PM	6:00 PM
3	2026-03-07	Saturday Prelims	8:30 AM	9:45 AM
4	2026-03-07	Saturday Finals	5:00 PM	6:00 PM
5	2026-03-08	Sunday Prelims	8:00 AM	9:00 AM
6	2026-03-08	Sunday Finals	5:00 PM	6:00 PM

MEET FORMAT:

- Course Type: Short Course Yards
- Event Format: Slow to Fast
- Lanes for Prelims Competition: 20
- Lanes for Finals: 10
- Lanes will be provided in the diving well pool for warmup/warmdown.

- Distance Events Format:
 - Alternating genders, Fast to Slow.
 - Meet Director reserves the right to swim the top 10 entries of Open 1650 Free in Finals.
 - Swimmers will need to provide their own Counter and Timer(s) for distance events

- Finals Type: Combined Prelim/Finals and Timed Finals
- Timed Finals Events:
 - All 10&U events will be Timed Final.
 - 11-12 400IM and 500 Free, and 200 of Strokes will be swum in prelims as Timed Final.
 - All 1000 and 1650 Free will be Timed Final.

- Finals Format:
 - 11-12: A Final,
 - 13-14: B-A Final,
 - Open: C-B-A Final
 - 400IM and 500 Free events will be limited to 13-14: A Final, Open: B-A Final
 - Any swimmer seeded into a Finals event who fails to swim will be fined \$50, payable before their next event

- Alternates for Finals
 - Alternates for finals may be placed into any open lane.
 - Alternates wishing to swim in an empty lane in Finals must check-in with the deck referee, be ready, and standing at the starter's area.

ENTRY FEES:	<ul style="list-style-type: none"> ● FACILITY SURCHARGE: \$25.00 ● IND. EVENT FEE: \$15.00 / Event ● LATE IND. ENTRIES: \$30.00 / Event ● RELAYS: - \$25.00 / Event ● LATE RELAY ENTRIES: \$25.00 / Event ● TIME TRIALS: \$25.00 / Event ● TIME TRIALS Relay: \$25.00 / Event ● GA LSC Travel Fund \$3.00 / Georgia LSC registered athlete ● GA travel fee \$6.00 / non-Georgia LSC registered athlete
ELIGIBILITY:	<p>MEET TYPE: Invitational Open to all registered USA Swimmers of invited teams.</p> <p>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>
SWIMMERS WITH A DISABILITY:	Athletes with a disability are welcomed, but advance notice of desired accommodation must be provided to the Meet Referee via, the NECESSARY ACCOMODATIONS FORM , which should be submitted by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.
ENTRIES:	<p>Daily Limits:</p> <ul style="list-style-type: none"> ● Swimmers may swim a maximum of three individual events per day. ● A maximum of three bonus swims will be permitted for those with a single event qualifying standard. ● Teams may enter up to two relays per relay event. ● Time Trial events will NOT be included in daily individual event limit. <p>Deck Entries:</p> <ul style="list-style-type: none"> ● Deck entries can be made with the clerk of course up to 30 minutes before the start of the session. <p>Time Trials:</p> <ul style="list-style-type: none"> ● Time Trials will be offered each day. ● Relay events will be offered for Time Trials ● Time Trials must be scheduled and paid for at the Clerk of Course table. ● Time Trials will NOT count towards daily event limits.
CHECK IN:	Positive check-in will be required by 10:00am for 400IM, 500 Free, 1000 Free, 1650 Free
CLERK of COURSE:	Clerk of Course will be available daily from 8:00am-10:00am.
COACHES:	
ENTRY SUBMISSION:	Submit one check payable to: SwimAtlanta

	<p>Entries must be received on or before: 03/01/2026 11:59pm Entries should be emailed to entries@swimatlanta.com</p> <p>Submit entries using Hy-Tek team manager. Entries must include the USA Swimming Club Code and each swimmer's USA Swimming number, first and last name, age, and seeding time for each event entered.</p>
<p>RULES:</p>	<p>Current USA Swimming Rules will govern this meet.</p> <ul style="list-style-type: none"> ● All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <u>Minor Athlete Abuse Prevention Policy</u> ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. ● On Deck USA-S registration will be permitted at the discretion of the Meet Director and/or Meet Referee. ● 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. ● Deck changes are prohibited. ● 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. ● 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.
<p>CREDENTIALS:</p>	<p>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.</p>
<p>COACHES:</p> <p>COACHES MEETING:</p>	<p>Coaches will be required to sign in at the Clerk of Course desk to verify their credentials, via SWIMS 3.0, are in good standing with USA-S and their respective LSC.</p> <p>There will be a coaches meeting on Friday morning at 8:00 am.</p>
<p>OFFICIALS:</p>	<p>SwimAtlanta 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.</p>

	<p>Note: This will be an Officials Qualification Meet ("OQM") for N2 advancement or renewal and N3 S&T only.</p> <p>Officials are asked to complete an application to officiate located at the link below: https://forms.gle/gfXKxTRU3xEXAvSM8</p>
AWARDS:	No awards.
SCORING:	No scoring
CONCESSIONS:	Concessions will be available in the facility café.
GEORGIA WARM-UP POLICY:	The GA Swimming Warm Procedures and Safety Policies will be followed.
GA. SCRATCH RULE:	<p>The Georgia Swimming Scratch Rule will NOT be in effect for this meet.</p> <p>As noted above, any swimmer seeded into a Finals event who fails to swim will be fined \$50, payable before their next event</p>
MISC. INFORMATION:	Meet information including parking, volunteer signup, heat sheets, and other updates will be located at www.swimatlanta.com .

Event Schedule

Friday, March 6, 2026
Session 1: / Warm up 8:00am, Starts 9:15am

Girls		ORDER OF EVENTS	Boys	
1	-	12&u MIXED 200 Free Relay (Prelims)	-	
3	-	14&u MIXED 200 Free Relay (Prelims)	-	
5	-	Open MIXED 200 Free Relay (Prelims)	-	
7	2:51.49	10 & Under 200 Free*	2:52.49	8
9	2:18.59	11-12 200 Free	2:16.29	10
11	2:05.69	13-14 200 Free	1:58.99	12
13	2:00.09	Open 200 Free	1:49.49	14
15	1:46.19	10 & Under 100 Breast*	1:45.49	16
17	1:23.59	11-12 100 Breast	1:22.19	18
19	1:15.39	13-14 100 Breast	1:10.19	20
21	1:13.89	Open 100 Breast	1:03.99	22
23	1:35.19	10 & Under 100 Fly*	1:33.19	24
25	1:14.09	11-12 100 Fly	1:11.79	26
27	1:05.59	13-14 100 Fly	1:00.59	28
29	1:02.09	Open 100 Fly	55.39	30
31	41.39	10 & Under 50 Back*	42.09	32
33	33.49	11-12 50 Back	33.09	34
35	4:53.69	Open 400 IM*	4:30.29	36
37	5:11.19	13-14 400 IM*	4:53.39	38
39	5:50.19	11-12 400 IM*	5:42.89	40

* Event will be swum as Timed Final. Top 20 for Open and Top 10 for 13-14 entries swum at night.

Saturday, March 7, 2026
Session 3: / Warm up 8:30am Start 9:45am

Girls		ORDER OF EVENTS	Boys	
41	-	12&u MIXED 200 Medley Relay (prelims)	-	
43	-	14&u MIXED 200 Medley Relay (prelims)	-	
45	-	Open MIXED 200 Medley Relay (prelims)	-	
47	1:30.39	10 & Under 100 IM*	1:29.19	48
49	1:14.59	11-12 100 IM	1:11.79	50
51	2:51.39	11-12 200 Fly*	2:46.09	52
53	2:28.59	13-14 200 Fly	2:17.49	54
55	2:22.59	Open 200 Fly	2:05.19	56
57	35.49	10 & Under 50 Free*	35.89	58
59	28.99	11-12 50 Free	28.49	60
61	26.39	13-14 50 Free	24.59	62
63	25.89	Open 50 Free	23.19	64
65	3:03.09	11-12 200 Breast*	3:04.19	66
67	2:42.79	13-14 200 Breast	2:32.89	68
69	2:37.99	Open 200 Breast	2:24.19	70
71	1:32.09	10 & Under 100 Back*	1:32.89	72
73	1:12.99	11-12 100 Back	1:11.99	74
75	1:05.59	13-14 100 Back	1:01.59	76
77	1:02.69	Open 100 Back	57.69	78
79	6:15.39	11-12 500 Free*	6:14.79	80
81	5:38.69	13-14 500 Free*	5:26.29	82
83	5:24.99	Open 500 Free*	5:03.79	84

* Event will be swum as Timed Final. Top 20 for Open and Top 10 for 13-14 entries swum at night.

Sunday, March 8, 2026
Session 5: / Warm up 8:30am Start 9:45am

Girls		ORDER OF EVENTS	Boys	
85	3:19.29	10 & Under 200 IM*	3:17.39	86
87	2:40.59	11-12 200 IM	2:36.09	88
89	2:23.59	13-14 200 IM	2:13.89	90
91	2:16.79	Open 200 IM	2:05.39	92
93	40.29	10 & Under 50 Fly*	39.39	94
95	32.39	11-12 50 Fly	31.39	96
97	2:39.69	11-12 200 Back*	2:38.29	98
99	2:22.19	13-14 200 Back	2:15.19	100
101	2:13.99	Open 200 Back	2:04.49	102
103	47.09	10 & Under 50 Breast*	46.99	104
105	37.89	11-12 50 Breast	36.69	106
107	1:18.29	10 & Under 100 Free*	1:18.59	108
109	1:03.49	11-12 100 Free	1:02.19	110
111	57.79	13-14 100 Free	53.99	112
113	56.09	Open 100 Free	50.69	114
115	11:21.99	Open 1000 Free*	10:29.49	116
-	11:48.79	13-14 1000 Free*	11:19.99	-
-	13:15.09	11-12 1000 Free*	13:05.29	-
117	18:57.99	Open 1650 Free*	17:31.99	118
-	19:46.99	13-14 1650 Free*	19:11.99	-
-	22:16.49	11-12 1650 Free*	22:17.99	-

* Event will be swum as Timed Final.

Best of the South: 03/06/2026 - 03/08/2026

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.

1st Coach _____ 2nd Coach _____

3rd Coach _____ 4th Coach _____

Facility Surcharge Fee	\$25.00 x (number of athletes)	= _____
Individual Event Fee	\$15.00 x (number of events)	= _____
Relays	\$25.00 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)	= _____
	TOTAL	= _____

Submit one check payable to: SwimAtlanta

Entries must be received on or before **03/01/2026 11:59pm** Email entries to: **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