



**NAC Masters New Year Classic
Saturday, January 17, 2026**

RULES: 2026 USMS Rule and Southeastern LMSC Safety guidelines and warm-up procedures will govern. Safety guidelines specify feet-first entry during warm-ups, except for designated sprint lanes. All events will be timed finals.

SANCTION NO:

by Southeastern Masters Swimming for United States Masters Swimming, Inc.,

HOST CLUB: Nashville Aquatic Club Masters

LOCATION: Tracy Caulkins Competition Pool at Centennial Sportsplex

222 25th Avenue North Nashville, TN 37203 (615) 321-3510

Directions to the Sportsplex can be found on www.swimnac.com.

FACILITY: The competitive pool at the Sportsplex is 25 yards long with 8 lanes, and the pool depth is a minimum of 7 feet. The pool is equipped with Colorado Timing. Warm-up/warm-down lanes will be available throughout the meet in an adjacent 25-yard pool. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, 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.

ELIGIBILITY: All swimmers must be registered with United States Masters

Swimming. We encourage swimmers to use the online entry system, which streamlines checking USMS registrations, putting your entries into the meet database, and entry payments. If you are not yet registered with USMS, you will be able to do so as the first step of your meet entry process.

MEET DATE:

Saturday, January 17, 2026

Open Warm-ups: 1:00pm

Meet Start: 2:00pm

SEEDING: All events will be seeded slowest to fastest with mixed gender. A swimmer with no seed time may indicate “No Time” or “NT” in the time slot and will be seeded as the slowest time in that event. The 500 Freestyle will be limited to 24 spots. First come first serve. Results will be tabulated by gender and age group, as defined by USMS guidelines.

DISABLED SWIMMERS: An information sheet for disabled swimmers is available to assist the facility and meet officials in preparation. Please contact the Meet Director.

ENTRIES & FEES: A swimmer may enter up to four (4) individual events electronically for a \$60 flat fee. Deck entries, will be accepted with an additional \$15 fee. Age for entries is determined by the swimmer's age on the day of the meet

OFFICIALS:

MEET DIRECTOR: Ashley Whitney, awhitney@swimnac.com, 615-321-3510

ENTRY CHAIR: Jack Folcarelli, jack@swimnac.com, 615-321-3510
Nashville Aquatic Club, P.O. Box 128318, Nashville,
TN 37212

DEADLINES: All individual entries and fees must be received by 11:59pm CST on Thursday, January 15, 2026. Any entries arriving after that date will be considered late and require an additional \$15 fee.

FACILITY RULES: The Centennial Sportsplex staff respectfully asks that no outside coolers, food, or drinks be brought into the building. Only swimmers, coaches, and meet personnel will be allowed on the pool deck at any time. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

TIMING SYSTEM: The primary timing system will be automatic timing (Colorado Timing System, with scoreboard). Times may be submitted for USMS records and USMS Top 10 consideration.

SPECIAL NOTES: All men's, women's, and mixed events will be swum together. We will take a 5 minute break after events #1, #6, #10. The Meet Director reserves the right to insert additional breaks to provide sufficient rest for the swimmers between events. The HYTEK event file, psych sheet, results, and other meet information will be posted on the NAC website (www.swimnac.com) as they become available.

2026 NAC Masters New Year Classic

Saturday, January 17, 2026 Warm up at 1:00p Session Start at 2:00pm	
<u>Event #</u> <u>(W/M)</u>	<u>Event</u>
1	500 Free
5 Minute Break	
2	200 Free Relay (M/W/X)
3	100 Back
4	100 Breast
5	50FR
6	100 IM
5 Minute Break	
7	200 Free
8	100 Fly
9	50 Back
10	200 IM
5 Minute Break	
11	100 Free
12	50 Breast
13	50 Fly