

***YUM! Brands presents the***  
**THE SEAHAWK “DARE TO CARE” WINTER INVITATIONAL**  
**FEBRUARY 19-21, 2016**

*Lakeside in cooperation with Speedo and Yum! Brands Inc. is sponsoring a “Dare to Care” Food Drive Program. Upon receipt of any canned goods, you will receive a raffle ticket for that session’s prize, which will be merchandise from our Speedo sponsor. Participants are encouraged to bring canned goods to each session, and multiple canned goods will be accepted.*

**SANCTION NO.** Held under the sanction of USA Swimming & Kentucky Swimming. **KYSC1625**

**SITE** Mary T. Meagher Aquatic Center located at the corner of Reservoir and Zorn Avenues. Free parking in the adjacent lot and legal parking on adjacent streets.

**POOL/FACILITY**

The competitive swimming pool measures 11 x 25 yard Lanes, each lane is 8 feet wide, with a depth of 5-12 feet and Paragon starting blocks. Competition will occur in 11 lanes. Men’s and Women’s locker rooms are off the pool deck and are accessible to parents during the meet. Colorado timing system and scoreboard are used. Timing for 25’s will utilize the timing system with swimmers starting off the side of the pool if certified; otherwise they must start in the water at the shallow end. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

**The use of audio or video recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.**

**FORMAT**

Pre-seeded, timed finals meet for 8-under, 9-10, 11-12, 13-14 and Senior swimmers.

***SPECIAL NOTE: For 12-under 200 Fly, 200 Back and 200 Breast please enter with the swimmers 100 time of that stroke and the event will be seeded based on the 100 time.***

The 11-12 500 Free, 13-14 400 IM, 500 Free and the Senior 400 IM, 500 yd Freestyle will be deck seeded. These events will be limited to a maximum of three (3) heats per event. The Open 1000 Free will be limited to a maximum of 6 heats total combined men and women. At the discretion of the Meet Referee, additional heats in all or one age group may be added to offset a lack of entries in another age group or if time permits.

**WARM-UP STARTING TIMES :**

**Meet host reserves the right to adjust warm-up/Start times based on entries.**

***When all entries have been received a timeline will be run and warm-up times may be adjusted – Teams will be notified by e-mail ASAP of any changes.***

FRIDAY EVENING SESSIONS (12-under, 13-14 & Senior) Warm-ups: 4:00 p.m. Meet starts: 5:00 p.m.

SATURDAY AND SUNDAY MORNING SESSIONS (13-14 & Open) Warm-ups: 7:00 a.m. Meet starts: 8:00 a.m.

SATURDAY MID-DAY SESSION (8-under) Warm-ups: Will begin 30 min after a.m. session, but not before 11:30 a.m.

SATURDAY AFTERNOON SESSION (9-10 & 11-12) Warm-ups: 2:00 p.m. Meet starts 3:00 p.m.

SUNDAY AFTERNOON SESSION (10-under & 11-12) Warm-ups: Start 30 min after a.m. session, but not before 11:30 a.m.

**SCORING**

11-9-8-7-6-5-4-3-2-1 for Individual Events and 22-18-16-14-12-10-8-6-4-2 for Relay Events

**AWARDS**

Ribbons for 1<sup>st</sup> through 10<sup>th</sup> place for all 8-u, 9-10 & 11-12 individual events. Please make sure swimmers pick up their awards. None will be mailed.

Special High Point Awards for each Age Group.

**ELGIBILITY**

Swimmers must be current athlete members of USA Swimming as provided in Article 302 or as provided under 202.6 or USA Swimming “open border” policy. Age is as of the first day of the meet, February 19, 2016. Coaches must be current coach members of USA Swimming and must wear credentials during the 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.

## UNSUPERVISED SWIMMERS

USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Swimmers participating under the provisions of 202.6 or USA Swimming's "open border" policy must be under the supervision of their coach or a USA Swimming member coach. Coaches who are entering swimmers but will not be at the meet should arrange ahead of time for another coach to supervise their athletes. Swimmers unaccompanied by their coaches or for whom arrangements have not been made must contact the Meet Director or Meet Referee who will assist the athlete in finding coach supervision.

**ENTRY LIMITATION** The Meet Host has the right to limit to 700 swimmers. ALL swimmers may compete in two individual events on Friday and four individual events per day on Saturday and Sunday.

## ENTRY FEES

\$5.50 Commlink entry; \$12.00 per Relay entry; \$2.50 per swimmer KYLSC Surcharge; \$5.00 per swimmer Facility Fee

## CHECK-IN PROCEDURE

Swimmers are required to check in with the Clerk of Course for events 400 yards and longer, 45 minutes before the beginning of the session in which the event is to be swum. No other events need to be checked in.

## DECK ENTRIES

Deck entries will be accepted at the discretion of the Administrative Referee. Only events with open lanes will be filled. NO heats will be added. Deck entries will cost \$10.00 per event.

## SCRATCH PROCEDURE

Report scratches to the Clerk of Course. There will be a penalty for no-shows, but the event will count as an event swum. Swimmers may not scratch on deck to Deck enter into another event.

## ENTRY DEADLINE

The entry deadline is Monday, February 9, 2015. File of the team's entry and a printout of the entries from the Commlink file sent.

**SPECIAL NOTE: For 12-under 200 Fly, 200 Back and 200 Breast please enter with the swimmers 100 time of that stroke and the event will be seeded based on the 100 time**

Please submit entry by E-mail to [gord@lakesideseahawks.org](mailto:gord@lakesideseahawks.org)

ONLY ENTRIES MAILED WITH A CHECK AND THE RELEASE FORM WILL BE ACCEPTED.

Please make checks payable and mail to: Lakeside Swim Team, 1928 Woodbourne Ave., Louisville, KY 40205

If you have any questions or want additional information, please call the Swim Team office at (502)451-4333.

## COACHES MEETING

There will be a coaches meeting 15 minutes before the start of the Saturday Morning Session. All coaches, on arrival for each session, must show his/her USA coach's Card for admittance and in order to receive the teams coach packet. Any swimmer attending the meet without a coach should report to the Meet Referee to be assigned a coach for warm-up.

**OFFICIALS** The Lakeside Swim Team welcomes the assistance of any visiting parent who would like to serve as an official or timer. Please contact the Meet Referee, Gary Mans, [gary.mans@louisville.edu](mailto:gary.mans@louisville.edu)

**MEET DIRECTOR** David Blackburn, [lksmeetmanager@gmail.com](mailto:lksmeetmanager@gmail.com)

## ORDER OF EVENTS

FRIDAY, FEBRUARY 19, 2016		
GIRLS	EVENT	BOYS
Event #		Event #
1	12-under 200 Back	2
3	13-14 500 Free	4
5	12-under 200 Breast	6
7	Open 500 Free	8

9	12-under 200 Fly	10
11	13-14 200 IM	12
13	Open 200 IM	14
15	11-12 200 IM	16

SATURDAY AM, FEBRUARY 20, 2016

17	13-14 200 Breast	18
19	Open 200 Breast	20
21	13-14 100 Fly	22
23	Open 100 Fly	24
25	13-14 100 Free	26
27	Open 100 Free	28
29	13-14 200 Back	30
31	Open 200 Back	32
33	13-14 400 IM	34
35	Open 400 IM	36

SATURDAY MID-DAY, FEBRUARY 20,  
2016

37	8-under 50 Fly	38
39	8-under 50 Back	40
41	8-under 50 Breast	42
43	8-under 50 Free	44
45	8-under 100 IM	46

SATURDAY PM, FEBRUARY 20, 2016

47	9-10 200 Free Relay	48
49	11-12 400 Free Relay	50
51	9-10 50 Fly	52
53	11-12 50 Fly	54
55	9-10 100 Breast	56
57	11-12 100 Breast	58
59	9-10 50 Free	60
61	11-12 50 Free	62
63	9-10 100 Back	64
65	11-12 100 Back	66
67	9-10 200 IM	68
69	11-12 500 Free	70

SUNDAY AM, FEBRUARY 21, 2016

71	Open 200 Free	72
73	13-14 200 Free	74
75	Open 100 Back	76
77	13-14 100 Back	78
79	Open 200 Fly	80
81	13-14 200 Fly	82
83	Open 100 Breast	84
85	13-14 100 Breast	86
87	Open 50 Free	88
89	13-14 50 Free	90
91	Open 1000 Free	92

SUNDAY PM, FEBRUARY 21, 2016

93	10-under 200 Medley Relay	94
95	11-12 400 Medley Relay	96
97	10-under 100 Free	98
99	11-12 100 Free	100
101	10-under 100 Fly	102
103	11-12 100 Fly	104
105	10-under 50 Back	106
107	11-12 50 Back	108
109	10-under 50 Breast	110
111	11-12 50 Breast	112
113	10-under 200 Free	114
115	11-12 200 Free	116

**PLEASE SUBMIT BELOW FORM WITH YOUR TEAM ENTRY**

WAIVER: In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators, assignees, and swimmers waive and release any and all claims against United States Swimming (USA), the KYLSC of USA Swimming, the Lakeside Swim Team and their staff, for injuries and/or expense incurred by me/us at the meet or while on the road to and from the meet. I/we are current members of United States Swimming as a team, coach, athlete, or administrator and are eligible to compete in all events I/we have entered.

SIGNATURE \_\_\_\_\_ POSITION \_\_\_\_\_

ENTRY PERSON \_\_\_\_\_ E-MAIL \_\_\_\_\_

TEAM \_\_\_\_\_

TEAM CODE \_\_\_\_\_

TEAM ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ FAX \_\_\_\_\_

**RECAP OF ENTRIES:**

\_\_\_\_ Individual Events x \$5.50 each COMMLINK =\$ \_\_\_\_\_

\_\_\_\_ Individual Events x \$7.00 each WRITTEN =\$ \_\_\_\_\_

\_\_\_\_ Relay Events x \$12.00 each = \$ \_\_\_\_\_

\_\_\_\_ Swimmers x \$7.50 each =\$ \_\_\_\_\_

TOTAL DUE =\$ \_\_\_\_\_

Make checks payable to lakeside Swim Team, and mail to:

Lakeside Swim Team  
1928 Woodbourne Ave  
Louisville, KY 40205  
(502) 451-4333

Mail Final Results to:

Coaches on Deck:

\_\_\_\_\_  
\_\_\_\_\_

**No entrant will be permitted to compete unless the entrant is a member as provided in Article 302  
Held under the sanction of USA Swimming**