

# 2016 KENTUCKY SWIMMING LONG COURSE STATE CHAMPIONSHIP 12 & Under AGE GROUP MEET INFORMATION

JULY 15 - 17, 2016

Sponsored by Swimville USA

SANCTION	Sanction of USA Swimming, Inc., issued by Kentucky Swimming, Inc. Sanction # KYLC16STATE01 Time Trial Sanction # KYLC16STATE01TT
SPONSOR	This meet is sponsored by Swimville USA
MEET LOCATION	University of Louisville Ralph Wright Natatorium on the Belknap Campus NW Corner of S. Floyd St. and E. Warnock St. (Across from McDonalds) Louisville, KY 40208 Directions can be found at the end of this information sheet or at the University of Louisville web site: <a href="http://uoflsports.collegesports.com/genrel/092900aab.html">http://uoflsports.collegesports.com/genrel/092900aab.html</a>
MEET INFORMATION	<p>For athlete protection, <b>the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</b> Such devices being used in these restricted areas will be subject to confiscation.</p> <p><b>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.</b></p> <p>Per USA Swimming Code of Conduct 304.3.7, persons violating this provision are subject to ejection of the facility.</p> <p><b>Bullying is prohibited.</b> For these purposes, the term “bullying” shall mean, regardless of when or where it may occur, the severe or repeated use by one or more USA Swimming members (“Members”) of an oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other Member that to a reasonably objective person has the effect of: (i) causing physical or emotional harm to the other Member or damage to the other Member’s property; (ii) placing the other Member in reasonable fear of harm to himself/herself or of damage to his/her property; (iii) creating a hostile environment for the other Member at any USA Swimming activity; (iv) infringing on the rights of the other Member at any USA Swimming activity; or (v) materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).</p>
HOST	Kentucky Swimming, Inc.
HOST TEAM	Cardinal Aquatics
MEET DIRECTOR	Bonnie Roman <a href="mailto:bonnieroman2911@gmail.com">bonnieroman2911@gmail.com</a>
MEET REFEREE	Michele Reichel <a href="mailto:michele@reichelagency.com">michele@reichelagency.com</a>
ENTRY CHAIR	Maureen McDonald <a href="mailto:entries@kylsc.org">entries@kylsc.org</a> 859 539-9091

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FACILITY	<p>This indoor pool consists of 8 eight-foot wide 50 M lanes. Eight lanes will be used for competition. The lanes are marked by continuous non-turbulent lane lines. KDI Paragon starting blocks are used at the deep end. A fully automatic Daktronics Timing system will be used with touchpads during the meet.</p> <p>The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). Water depth is 4.5 FT from the scoreboard end of the pool to 17.75 FT in depth at the diving well end of the pool.</p>
FORMAT	<p>The Kentucky Swimming Championship Meets are closed KYLSC swim meets. Any KYLSC registered club or KYLSC-USA SWIMMING athlete member (in good standing) may participate provided that the athlete member(s) meets the event eligibility requirement for the given meet.</p> <p>This meet will be swum as a Preliminary / Final Meet for all age groups with the following exceptions:</p> <ol style="list-style-type: none"><li>1. All Relay Events will be swum as a Timed-Final Events</li><li>2. The 11-12 400 M freestyle, 10 &amp; Under 200 M freestyle, and all 200 M IM's will be swum as Timed-Final Events.</li></ol> <p>All relays will swim in Finals. Fly over starts may be used during the preliminary sessions.</p> <p>All relays will be deck-seeded and will require positive check-in. All other events will be pre-seeded.</p> <p>For Prelim Events, the Top 16 swimmers will compete in Consolation and Championship finals.</p> <p>Please see the Check-In Procedure for all events</p>
PARKING	<p>Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium and next to the Natatorium. The University of Louisville controls the parking facility and parking fee of \$5.</p>
ADMISSION & HEAT SHEETS	<p>There will be an admission fee of \$5 per session (prelims and finals) on Friday, Saturday and Sunday. Heat sheets will be available for purchase each preliminary session at \$3 and finals sessions at \$2.</p>
COACHES' MEETINGS	<p>A mandatory coaches' meeting will be held on Friday evening at 4:30 p.m. EST.</p>
OFFICIALS' MEETING	<p>There will be Officials' meetings 1 hour prior to the start of each session.</p>
NATIONAL CERTIFICATION	<p>The Kentucky Long Course State Championship Meet, 13 &amp; Over Division, is scheduled to be a "National Certification Qualifying Meet" for Officials pending evaluator availability.</p>

## ELIGIBILITY

RULES	<p>The meet will be conducted in accordance with the current USA Swimming Rules and Regulations, Kentucky Swimming Policy and Rulebook, except where rules therein are optional and exceptions are stated herein.</p>
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1. Unattached athletes must compete in two (2) KY Swimming sanctioned meets during the season of each championship meet: Long Course – April 1 to the cut-off date for eligible times.
2. An athlete may appeal and request approval for exigent circumstances to the board of directors. The board of directors may approve or decline the request.

### UNSUPERVISED ATHLETES

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.

### SWIMMERS WITH A DISABILITY

Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) list in the email accompanying the Hy-Tek entry file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

### QUALIFYING PERIOD

Qualification for any Individual Event with a declared time standard determining eligibility for participation therein, will be determined by the athlete's best official time during the respective Qualifying Period: 1st day of the prior year's Southern Zone Eastern Sectional Summer Meet, July 9, 2015 up and until the Meet Entry Deadline, July 10th, 2016.

### AGE AT MEET

The age of the athlete on the first day of the meet, July 15, 2016, shall be used to determine event eligibility.

### TIME STANDARDS

Participation in an individual event is restricted to those swimmers who have:

1. either met or swam faster than the LCM standard for the event **OR**,
2. either met or swam faster than the SCM standard for the event **OR**,
3. either met or swam faster than the SCY standard for the event,  
during the Qualifying Period.

### RELAY TIME STANDARDS

There are no time standards for relays. Each team may enter 2 relays per event. Relays must consist of at least two members who have achieved an individual championship time standard. Names must be listed on all relay entries.

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JULY 15 - 17 and July 21 - 24, 2016 KY SWIMMING LONG COURSE CHAMPIONSHIP TIME STANDARDS  
Qualifying Period - July 9, 2015 through July 10, 2016

Female 10 & Under			EVENT	Male 10 & Under		
SCM	SCY	LCM		LCM	SCY	SCM
00:36.09S	00:32.59Y	00:36.89L	50 Free	00:39.39L	00:34.79Y	00:38.59S
01:22.29S	01:14.19Y	01:23.89L	100 Free	01:29.29L	01:18.99Y	01:27.69S
03:00.29S	02:42.49Y	03:03.49L	200 Free	03:12.79L	02:50.79Y	03:09.59S
00:43.79S	00:39.49Y	00:44.39L	50 Back	00:47.39L	00:42.19Y	00:46.79S
01:37.29S	01:27.69Y	01:38.49L	100 Back	01:43.29L	01:31.99Y	01:42.09S
00:50.99S	00:45.99Y	00:51.99L	50 Breast	00:54.59L	00:48.29Y	00:53.59S
01:49.89S	01:38.99Y	01:51.89L	100 Breast	01:59.09L	01:45.49Y	01:57.09S
00:43.19S	00:38.99Y	00:43.89L	50 Fly	00:46.89L	00:41.69Y	00:46.19S
01:48.09S	01:37.39Y	01:49.49L	100 Fly	02:08.09L	01:54.19Y	02:06.69S
03:25.09S	03:04.79Y	03:28.29L	200 IM	03:44.79L	03:19.69Y	03:41.59S

  

Female 11-12			EVENT	Male 11-12		
SCM	SCY	LCM		LCM	SCY	SCM
00:31.89S	00:28.79Y	00:32.59L	50 Free	00:33.79L	00:29.79Y	00:32.99S
01:11.29S	01:04.29Y	01:12.89L	100 Free	01:15.69L	01:06.79Y	01:14.09S
02:33.99S	02:18.79Y	02:37.19L	200 Free	02:44.79L	02:25.59Y	02:41.59S
05:33.99S	06:18.09Y	05:40.39L	400 Free	05:50.89L	06:30.09Y	05:44.49S
00:37.99S	00:34.29Y	00:38.59L	50 Back	00:40.99L	00:36.39Y	00:40.39S
01:23.79S	01:15.49Y	01:24.99L	100 Back	01:29.59L	01:19.69Y	01:28.39S
00:44.09S	00:39.79Y	00:45.09L	50 Breast	00:46.79L	00:41.29Y	00:45.79S
01:35.79S	01:26.29Y	01:37.79L	100 Breast	01:40.89L	01:29.09Y	01:38.89S
00:36.39S	00:32.79Y	00:37.09L	50 Fly	00:39.19L	00:34.69Y	00:38.49S
01:24.29S	01:15.99Y	01:25.69L	100 Fly	01:29.49L	01:19.39Y	01:28.09S
02:56.29S	02:38.89Y	02:59.49L	200 IM	03:06.29L	02:44.99Y	03:03.09S

  

Female 13-14			EVENT	Male 13-14		
SCM	SCY	LCM		LCM	SCY	SCM
00:30.59S	00:27.59Y	00:31.39L	50 Free	00:30.19L	00:26.49Y	00:29.39S
01:06.39S	00:59.89Y	01:07.99L	100 Free	01:05.19L	00:57.29Y	01:03.59S
02:26.39S	02:11.89Y	02:29.59L	200 Free	02:25.79L	02:08.49Y	02:22.59S
05:09.69S	05:50.29Y	05:16.09L	400 Free	05:07.59L	05:40.59Y	05:01.19S
10:35.19S	11:58.69Y	10:47.99L	800 Free	10:29.39L	11:37.39Y	10:16.59S
20:15.79S	20:03.79Y	20:39.79L	1500 Free	19:55.69L	19:19.99Y	19:31.69S
01:18.49S	01:10.79Y	01:19.69L	100 Back	01:18.69L	01:09.89Y	01:17.49S
02:48.89S	02:32.19Y	02:51.29L	200 Back	02:49.99L	02:30.99Y	02:47.59S
01:29.29S	01:20.49Y	01:31.29L	100 Breast	01:28.09L	01:17.59Y	01:26.09S
03:16.19S	02:56.79Y	03:20.19L	200 Breast	03:16.89L	02:53.79Y	03:12.89S
01:17.29S	01:09.69Y	01:18.69L	100 Fly	01:16.09L	01:07.29Y	01:14.69S
02:59.49S	02:41.69Y	03:02.29L	200 Fly	02:50.29L	02:30.89Y	02:47.49S
02:44.19S	02:27.99Y	02:47.39L	200 IM	02:42.89L	02:23.89Y	02:39.69S
05:57.29S	05:21.89Y	06:03.69L	400 IM	06:09.49L	05:27.19Y	06:03.09S

  

Senior Female			EVENT	Senior Male		
SCM	SCY	LCM		LCM	SCY	SCM
00:28.49S	00:25.69Y	00:29.29L	50 Free	00:26.79L	00:23.49Y	00:25.99S
01:02.99S	00:56.79Y	01:04.59L	100 Free	00:57.39L	00:50.29Y	00:55.79S
02:14.89S	02:01.59Y	02:18.09L	200 Free	02:07.49L	01:51.99Y	02:04.29S
04:51.99S	05:30.09Y	04:58.39L	400 Free	04:38.19L	05:06.99Y	04:31.79S
10:23.49S	11:45.29Y	10:36.29L	800 Free	09:49.89L	10:59.09Y	09:43.09S
20:04.39S	19:52.49Y	20:28.39L	1500 Free	19:13.39L	18:37.89Y	18:49.39S
01:12.09S	01:04.99Y	01:13.29L	100 Back	01:07.09L	00:59.39Y	01:05.89S
02:37.89S	02:22.29Y	02:40.29L	200 Back	02:27.89L	02:11.09Y	02:25.49S
01:25.09S	01:16.69Y	01:27.09L	100 Breast	01:16.99L	01:07.59Y	01:14.99S
03:07.69S	02:49.09Y	03:11.69L	200 Breast	02:53.09L	02:32.39Y	02:49.09S
01:09.69S	01:02.79Y	01:11.09L	100 Fly	01:04.49L	00:56.89Y	01:03.09S
02:51.59S	02:34.59Y	02:54.39L	200 Fly	02:39.19L	02:20.89Y	02:36.39S
02:34.99S	02:19.69Y	02:38.19L	200 IM	02:24.39L	02:07.19Y	02:21.19S
05:44.69S	05:10.59Y	05:51.09L	400 IM	05:21.99L	04:44.39Y	05:15.59S



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## ENTRIES

### ENTRIES and ENTRY DEADLINES

Entries **MUST BE SUBMITTED** electronically (HY-Tek or SDIF) *no later than Noon on Monday, July 11, 2016*. All times listed are in Eastern Time Zone.

**All coaches will receive a team entry report by Monday, July 11<sup>th</sup>, 8 p.m. as a confirmation of their entries. Coaches have till Tuesday, July 12<sup>th</sup>, 6 p.m. to make final adjustments to their entries.**

**Any adjustments after Tuesday, July 12<sup>th</sup>, 6 p.m. will be considered as Late Entries.**

**Handwritten, telephoned, or faxed entries WILL NOT BE ACCEPTED. If the USA ID for any swimmer is omitted, that swimmer's entries WILL NOT BE ACCEPTED. All swimmers' USA Swimming Registration will be checked against Kentucky Swimming Inc.'s database of registered athletes.**

**NOTE: If a Team does not use Hy-Tek's Team Manager or equivalent, then Win TM II Lite, downloadable free of charge from Hy-Tek's website, should be used to prepare entries.**

**To facilitate the running of the meet, coaches are encouraged to include relay names on their electronic entries, but still have the right to make changes up to the start of the race.**

**Relay entries do not require that relay names be enumerated. However, A RELAY-ONLY SWIMMER MUST BE ENTERED IN AT LEAST ONE RELAY TO BE ENTERED IN THE MEET.**

**The sole purpose of this requirement is to enter the relay only swimmer in the meet. The team of a swimmer who competes on a relay and is not entered in the meet shall be fined \$25 for each infraction.**

### ENTRY FEES and SURCHARGES

\$7.00 for each individual event. (\$5.00 entry fee + \$2.00 KYLSC Surcharge).

\$14.00 for each relay event (\$10.00 entry fee + \$4.00 KYLSC Surcharge).

\$3.50 per swimmer KYLSC Surcharge.

\$3.50 per swimmer Facility Surcharge.

There will be no refund of entry fees.

### ENTRY LIMITS AND RELAYS

**Each swimmer may enter 3 eligible Individual Events and 1 Relay Event on each day of the meet.**

**10 & Under:** limited to 8 events and two relays (one per day) for the combined championship.

**11-12:** limited to 8 events and two relays (one per day) total for the combined championship.

**13 & Over:** limited to 9 combined events and three relays (one per day) for the combined championship.

**Teams will be limited to 2 relays per relay event.**

### LATE ENTRIES

Late entries or changes will be sent to the Meet Referee with a copy to the Kentucky Swimming office [kyswim@kylsc.org](mailto:kyswim@kylsc.org).

Late entries or changes will not be sent using a TM entry file, but will be sent within the body of an email. Athlete's name, USA ID, event, and entry time will need to be included. Provided that the entry has a provable entry time, any entry received after the Entry Deadline may be accepted and be seeded through midnight, Wednesday, July 13, 2016. Any entries submitted after the Entry Deadline will be subject to a fine of \$100 for each 24-hour period that the entries are late, not to exceed \$500, or double the entry fee, whichever is less.

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Late entries or changes after midnight, Wednesday, July 13, 2016, up until the start of the meet on July 15, 2016, will be subject to availability and will be assessed the late entry fine. No heats will be added in order to add a late swimmer. **THERE WILL BE NO ENTRIES OR CHANGES ACCEPTED AFTER THE COMMENCEMENT OF THE MEET WHICH HAS BEEN DEFINED AS THE START OF WARM-UP ON THE FIRST DAY OF COMPETITION.**

- SEED TIMES** The entered time should be the swimmer's best long course meter (LCM) time during the Qualifying Period, provided that the time meets or is faster than the LCM time standard for that event. If the swimmer does not have a LCM qualifying time but is otherwise qualified to swim the event (e.g. has the SCY or SCM qualifying time), then the entered time should be the swimmer's best SCY or SCM time during the Qualifying Period that meets or is faster than the SCY or SCM time standard for the event. Relay times should be entered in their best aggregate time.
- SEEDING ORDER** All non-conforming seed times shall be seeded after the seeding has been done for conforming times and non-conforming seed times shall not be seeded ahead of any conforming time. A "conforming" time is defined as one from a swim which matches the pool setup for the meet. A "non-conforming" time is one from a swim swum in a pool setup other than that for which the meet is being conducted. Conforming times for the Kentucky Swimming Long Course Championship Meet must be from 50 meter pools. All times from other length pools will be considered non-conforming times.
- For seeding purposes, the entries for each event will be ranked as follows:
1. the top seed is the fastest, conforming LCM time,
  2. followed by all remaining conforming LCM seed times in rank order,
  3. followed by the fastest non-conforming SCM seed time,
  4. followed by all remaining non-conforming SCM seed times in rank order,
  5. followed by the fastest non-conforming SCY seed time,
  6. followed by all remaining non-conforming SCY seed times, in rank order.
- PRELIM SEEDING** For Prelim Competition, the final 3 heats will be circle-seeded.
- RELAY CARDS** Relay cards will be distributed in each team's meet packet. Each relay team is responsible for delivering their completed relay card to the lane timer prior to the start of the heat. At that time the relay card must clearly indicate, in the appropriate order, the four swimmers who will compete. Failure to do so will result in the relay being disqualified.
- To facilitate the running of the meet, coaches are encouraged to include relay names during the entry process, but still have the right to make changes up to the start of the race.**
- PROOF OF TIME** Results used to prove time must be USA sanctioned or observed competition. Competition must take place during the Qualifying Period for the meet. Each individual entry Seed Time will be verified using USA Swimming's SWIMS database. It is the coaches' responsibility to make sure that their athletes' times are entered in the SWIMS database and are correct official times. Proof of Seed Time must be furnished by the Entry Deadline at the Entry Chair's request.
- POSTINGS** Entries will be posted on the Kentucky Swimming website in two forms:
1. Psych Sheet, sorted by event number with entries for each event sorted in rank order
  2. Entry List, sorted first by team and then by athlete, showing entries for each athlete

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Psych Sheet will not be posted earlier than noon of July 13th.

**REGARDLESS OF ENTRIES SUBMITTED AND/OR INPUT ERROR, IT IS THE COACHES' RESPONSIBILITY TO ENSURE THE SWIMMERS ARE IN THE CORRECT EVENTS AS INDICATED ON THE POSTED ENTRY LIST.**

## CHECK-IN

CHECK-IN  
SCHEDULE

### **POSITIVE CHECK-IN IS REQUIRED FOR ALL RELAY EVENTS**

Each coach is responsible for positively checking-in for relays prior to the designated time. Deadlines for check-in will be announced at the swimming venue.

**TEAMS ARE NOT ENTERED IN THE EVENTS UNTIL THEY HAVE CHECKED-IN**

## SCRATCHES

SCRATCH  
PROCEDURE

Using the Check-In Sheets:

To scratch a swimmer from an Event - Clearly draw a line through the swimmer's name.

To scratch a relay - Clearly draw a line through THE RELAY

RE-INSERTING  
SCRATCHED  
SWIMMERS

If a swimmer, who has been scratched from a Preliminary or Timed-Final event, shows up to compete, that swimmer should report in person to the Meet Referee. At the sole discretion of the Meet Referee, the swimmer may be allowed to compete.

**NO ADDITIONAL HEATS WILL BE ADDED.**

RE-INSERTING  
SCRATCHED  
RELAY

If a relay, who has been scratched from a Timed-Final event, shows up to compete, that relay should report in person to the Meet Referee. At the sole discretion of the Meet Referee, the relay may be allowed to compete.

**NO ADDITIONAL HEATS WILL BE ADDED**

## NO SHOWS

FAILURE TO  
COMPETE IN  
DECK SEEDED  
PRELIM OR  
TIMED-FINAL  
EVENTS

Swimmers entered in an individual Preliminary or Timed-Final event that is seeded on deck, in whole or in part, who have checked in for that event, must swim in the event unless they notify the clerk of course before the seeding for that event has begun, that they wish to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual swim in which they are scheduled to compete (See Exceptions).

FAILURE TO  
COMPETE IN  
FINALS

Any swimmer scheduled to compete in a Consolation Final or Final race of an individual event who fails to compete in said Consolation Final or Final race, shall be barred from the next individual swim in which they are scheduled to compete (See Exceptions).

In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the Consolation Final or Final when possible with the next qualified swimmer(s). First and second alternates shall be announced along with the Final qualifiers. These alternates shall not be penalized if unavailable to compete in the Finals.

Where Consolation Finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the Consolation Final and Final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the Final.

If a Consolation Final has already been contested, the companion Final shall be swum without reseeding for the empty lane(s).

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EXCEPTIONS	No penalty shall apply for failure to withdraw or compete in an individual event if: <ol style="list-style-type: none"><li>The Referee is notified in the event of illness or injury and accepts the proof thereof.</li><li>Swimmers qualifying for a Consolation Final or Final race following preliminaries must notify the Referee within thirty (30) minutes after announcement of the qualifiers, that they may not intend to compete and further declares his final intentions within 30 minutes following his last individual preliminary event.</li><li>It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.</li></ol>
FAILURE TO APPEAR FOR LAST SCHEDULED EVENT	The club of any athlete failing to appear for the Final of a Timed Final Event or Preliminary/Final Event, at a Kentucky Swimming State Championship Meet, who has failed to scratch from the event prior to the scratch deadline, on the athlete's last scheduled day of participation in the meet, shall be fined \$25.00.
DECLARED FALSE START	In a Preliminary or Timed-Final event, swimmers reporting to the Referee prior to the start of their race and declaring their intent not to compete will be disqualified. Swimmers may not declare a false start at finals.

## SCORING AND AWARDS

SCORING	Individual Events: 16 places – 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Events: 16 places –40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2  Points will not be awarded for any result unless that result meets or is faster than the Qualifying Time for the event.
AWARDS	Championship Medals for 1st through 8th place (individual and relay events).  Championship Ribbons for 9th through 16th place (individual and relay events).  High Point Awards to the 1st, 2nd and 3rd place female and male individual in each age group.  Championship Trophies for combined 9-12 and 13 & Over Championship to the 1st, 2nd and 3rd place teams. The first place team will receive the traveling trophy.

## TIME TRIALS

AVAILABILITY	Time Trials will be conducted on a time available basis for swimmers participating in the meet.
ELIGIBILITY	A swimmer MUST BE ENTERED IN AN INDIVIDUAL OR RELAY EVENT to be eligible to participate in a Time Trial.
TIME TRIAL SCHEDULE	Time Trials shall be swum in the order listed under Order of Events as follows: <ol style="list-style-type: none"><li><b>Friday:</b> Friday's events, followed by Saturday's events, followed by Sunday's events, followed by Thursday's events.</li><li><b>Saturday:</b> Saturday's events, followed by Sunday's events, followed by Friday's events.</li><li><b>Sunday:</b> Sunday's events, followed by Friday's events, followed by Saturday's events.</li></ol>
ENTRY LIMIT	A swimmer is limited to a maximum of two (2) Time Trial Events during the course of the Championship Meet.
ENTRY FEE	Time Trial Entry Fee is \$10.00 per Event; payable when the Time Trial request is declared.



# 2016 KENTUCKY SWIMMING LONG COURSE STATE CHAMPIONSHIP 12 & Under AGE GROUP MEET INFORMATION

JULY 15 - 17, 2016

Sponsored by Swimville USA

## TIMERS

TIMED FINAL, PRELIM, AND FINALS COMPETITION      Competing teams must supply lane timers. The number of timers per team will be assigned proportionately based on the number of swimmers in a session. It is the responsibility of the team assigned the timing detail to provide any necessary relief timer(s).

## WARM-UPS AND SCHEDULE

ASSIGNMENTS      Teams will be assigned to lanes based on the number of entered swimmers. Smaller teams will need to share lanes. Larger teams should be prepared to divide the warm-up time and space according to need. Team warm-up assignments will be posted prior to warm-up, each day.  
**For the safety of all swimmers, all warm-ups lanes (assigned and/or open) will be swum counter-clockwise.**

WARM-UP SCHEDULE      A SCHEDULE WILL BE POSTED ON THE KYLSC WEBSITE [www.kylsc.org](http://www.kylsc.org). There will be OPEN WARM-UPS for the Finals Session.

Friday Evening Timed Finals	Warmups will probably not begin before 3:00 p.m.
Saturday Morning Prelims	Warm-ups begin 7:30 a.m. (2-40 minute sessions)
Saturday Evening Finals	Warm-ups begin 4:00 p.m.
Sunday Morning Prelims	Warm-ups begin 7:30 a.m. (2-40 minute sessions)
Sunday Evening Finals	Warm-ups begin 4:00 p.m.

COMPETITION SCHEDULE	Friday Evening Timed Finals	Meet starts 4:30 p.m.
	Saturday Morning Prelims	Meet starts 9:00 a.m.
	Saturday Evening Finals	Meet starts 5:00 p.m.
	Sunday Morning Prelims	Meet starts 9:00 a.m.
	Sunday Evening Finals	Meet starts 5:00 p.m.

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<b>ORDER OF EVENTS</b>		
<b>FRIDAY EVENING</b>		
<b>Girls</b>	<b>Timed-Finals</b>	<b>Boys</b>
1	10 & U 200 IM (1)	2
3	11-12 200 IM (1)	4
5	10 & U 200 Freestyle (1)	6
7	11-12 200 Freestyle (1)	8
	(1) Timed-Final Event	

<b>SATURDAY MORNING</b>		
<b>Girls</b>	<b>Prelims</b>	<b>Boys</b>
9	10 & U 50 Backstroke	10
11	11-12 50 Backstroke	12
13	10 & U 100 Butterfly	14
15	11-12 100 Butterfly	16
17	10 & U 50 Breaststroke	18
19	11-12 50 Breaststroke	20
21	10 & U 100 Freestyle	22
23	11-12 100 Freestyle	24

<b>SATURDAY EVENING</b>		
<b>Girls</b>	<b>Finals</b>	<b>Boys</b>
9	10 & U 50 Backstroke	10
11	11-12 50 Backstroke	12
13	10 & U 100 Butterfly	14
15	11-12 100 Butterfly	16
17	10 & U 50 Breaststroke	18
19	11-12 50 Breaststroke	20
21	10 & U 100 Freestyle	22
23	11-12 100 Freestyle	24
25	10 & U 200 Free Relay (2)	26
27	11-12 200 Free Relay (2)	28

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<b>SUNDAY MORNING</b>		
<b>Girls</b>	<b>Prelims</b>	<b>Boys</b>
29	10 & U 200 Medley Relay (2)	30
31	11-12 200 Medley Relay (2)	32
33	11-12 100 Breaststroke	34
35	10 & U 100 Breaststroke	36
37	11-12 50 Freestyle	38
39	10 & U 50 Freestyle	40
41	11-12 100 Backstroke	42
43	10 & U 100 Backstroke	44
45	11-12 50 Butterfly	46
47	10 & U 50 Butterfly	48
49	11-12 200 Freestyle	50
	(2) Timed Final Event	

<b>SUNDAY EVENING</b>		
<b>Girls</b>	<b>Finals</b>	<b>Boys</b>
33	11-12 100 Breaststroke	34
35	10 & U 100 Breaststroke	36
37	11-12 50 Freestyle	38
39	10 & U 50 Freestyle	40
41	11-12 100 Backstroke	42
43	10 & U 100 Backstroke	44
45	11-12 50 Butterfly	46
47	10 & U 50 Butterfly	48
49	11-12 200 Freestyle	50

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**SUMMARY/WAIVER FORM**

**THIS PAGE MUST BE COMPLETED AND RETURNED BY THE STATED DEADLINE  
FOR THE TEAM'S ENTRY TO BE ACCEPTED.**

WAIVER: In consideration for 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 USA Swimming (USA), the Kentucky Local Swim Committee of USA, Cardinal Aquatics, and the Ralph Wright Natatorium 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 bonafide 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:** \_\_\_\_\_

**TITLE:** \_\_\_\_\_ **TEAM NAME:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**TEAM ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP CODE:** \_\_\_\_\_

**RECAP OF ENTRIES**

**Individual Entries** \_\_\_\_\_ x \$ 7.00 = \$ \_\_\_\_\_

**RELAYS** \_\_\_\_\_ x \$14.00 = \$ \_\_\_\_\_

**SWIMMERS** \_\_\_\_\_ x \$ 8.00 = \$ \_\_\_\_\_  
**(Includes Facility Charge)**

**TOTAL \$** \_\_\_\_\_

Make checks payable to: **CARDINAL AQUATICS**

Mail together with this form and hard copy listing of your team's entries by the stated deadline to the  
Bonnie Roman  
316 E. Esplanade Avenue  
Louisville, KY 40214

**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**