

2019 CARDINAL AQUATICS SUMMER THROWDOWN

May 17-19, 2019

Held under USA Swimming Sanction **KYLC**

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:

<http://uoflscsports.collegesports.com/genrel/092900aab.html>

Meet Director: Brenda Powell, bj3635@att.net

Meet Referee: Michelle Reichel, michele.l.reichel.gh1h@statefarm.com

Entry Chair & Admin Official: Lesa Boone, cardinalaquatics@yahoo.com

Volunteers Teams will be asked to provide timers based on the size of the team. Cardinal Aquatics welcomes the assistance of any visitor who would like to serve as an official or volunteer in any capacity. Officials, please sign up to work on the KYLSC website, www.kylsc.org.

Facilities This indoor pool consists of 8 eight foot wide 50m lanes.

Seven lanes will be used for competition and one 50m course lane will be designated as warm-up / cool-down for 13&Over session.

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. The competition course has not been certified in accordance with article 104.2.2C(4)

Parking 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.

Admission/Heat Sheets FREE

Format This is an open timed finals meet. FINA starting procedures will be used. The FINA system, approved by USA Swimming, uses a series of whistles followed by a one whistle announcement for swimmers. The No Recall Start Rule will also be enforced during this meet. The use of "fly-over starts" will be at the discretion of the Meet Referee.

Entries

Eligibility All current USA Swimming registered athletes. The age of the swimmer on May 17, 2019 will determine the age group for this meet.

Entry Limits Each swimmer may enter a maximum of five individual events per day.

Entry Fees \$6.00 for each individual event/\$10 Relay
\$10.00* for each individual deck entry and/or manual entry
**Accepted at the discretion of the Meet Referee; Payable at the meet.
Entry fees are non-refundable. No extra heats will be added.*

Surcharges \$2.50 per swimmer KYLSC surcharge
\$20.00 per swimmer facility surcharge (NO admission or heat sheet charge)
Make one check payable to: **Cardinal Aquatics**

Time Standards None

Entries The USA Swimming registration number of all entrants must be listed and accompany the entry form. All entries must be in Long Course Meters. Meet referee will accept or reject deck entries.

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.

Entry Deadline Entries will open on **April 29th at 7:00am**. Entries will be taken on a first come/first serve basis and will close at approx. 500 swimmers and/or **Wednesday, May 8, 2019 at 10:00pm**. Email entries to entry chair (cardinalaquatics@yahoo.com). Files must be loadable into Hytek Meet Manager using a .cl2file. An Entry Report will be returned to each team to verify entries.

Waiver and payment to be paid prior to the start of the meet

A hard copy of the electronic entries, payment in full of all fees/surcharges and the signed waiver must be received by the start of the meet.

Check-In Events will be pre-seeded for all events except the 1500FR, 400IM, 400FR, 12&Under 200 IM. These events will be deck seeded and could be limited to 4 heats (timeline permitting). Swimmers are required to positive check in at the athlete entrance 30 minutes prior to the beginning of the session in which the event will be swum. **ALL events will run FASTEST TO SLOWEST.**

Chase Starts: The meet director has the right to allow starts at both ends of the pool (swim 2 swimmers per lane) for the 400 Free events. We will most likely run Chase Starts for the entire meet (starting both ends in staggered start). Due to running Chase

Starts, we will run the meet fastest to slowest for ALL events (slower heat chasing the faster heat). If you have fast swimmers entered at NT, it may be best to enter a converted time or a practice time, as it will help with the Chase Start process.

Scoring and Awards

Scoring No scoring will be kept.

Awards Ribbons will be awarded for places 1st through 8th for age 12&Under. Age Groups will be awarded according to: 8&Under, 9-10, 11-12. No awards for 13&Over events. Awards must be picked up at the conclusion of the meet. No awards will be mailed.

Warm-ups

Warm-Up Notes Teams will be assigned to lanes based on the number of entered swimmers. THERE WILL BE TWO 40 MIN W-UPS PERIODS FOR EACH SESSION. TEAMS WILL BE NOTIFIED WHICH W-UP PERIOD THEY ARE ASSIGNED THE WEEK OF THE MEET.

Safety Marshall Safety marshals will be in place for warm-ups and during the meet to insure the safety of the swimmers. Duties will include safe deck practices, traffic flow and diving restrictions during warm-ups.

Schedule

Friday 1650 session Warm Up: 1:00-1:50pm, 2:00 pm start

Friday PM session Warm Up: 4:00-4:50pm, 5:00 pm start

Saturday & Sunday AM session Warm Up: 7:00-8:20, 8:30 start

Saturday & Sunday PM session Warm Up: Not before NOON, 1:00pm start.

Official's Meeting There will be an official's meeting 45 minutes prior to the start of swimming competition.

Coaches Meeting A coaches meeting will be held 10 minutes prior to the start of the competition. Hospitality will be provided for all coaches and officials!

Video Usage Use of audio or video recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.

Deck Changing Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

MAY 17-19, 2019

Friday, MAY 17TH 1650 Session Warm Up: 1:00-1:50 pm			
GIRLS	AGE	EVENT	BOYS
1	13/14,OPEN	1500m Freestyle	2

Friday, MAY 17TH PM Session Warm Up: 4:00-4:50 pm			
GIRLS	AGE	EVENT	BOYS
3	13/14,OPEN	400m IM	4
5	12&Under	200m IM	6
7	13/14,OPEN	400m Freestyle	8
9	11&12	400m Freestyle	10

Saturday, MAY 18th AM Session Warm Up: 7:00-8:20 am			
GIRLS	AGE	EVENT	BOYS
11	OPEN	200 IM	12
13	13/14	100 Breaststroke	14
15	OPEN	100 Breaststroke	16
17	13/14	200 Freestyle	18
19	OPEN	200 Freestyle	20
21	13/14	100 Backstroke	22
23	OPEN	100 Backstroke	24
25	13/14	200 Butterfly	26
27	OPEN	200 Butterfly	28
29	13/14	50 Freestyle	30

Saturday, MAY 18th PM Session Warm Up: NOT BEFORE NOON			
GIRLS	AGE	EVENT	BOYS
31	11 &12	200 Freestyle	32
33	10 & Under	100 Backstroke	34
35	11 &12	100 Backstroke	36
37	10 & Under	50 Breaststroke	38
39	11 &12	50 Breaststroke	40
41	10 & Under	100 Butterfly	42
43	11 &12	100 Butterfly	44
45	10 & Under	50 Freestyle	46
47	11 &12	50 Freestyle	48
49	12&Under	200 Med Relay	50

Sunday, MAY 19th AM Session Warm Up: 7:00-8:20 am			
GIRLS	AGE	EVENT	BOYS
51	13/14	200 IM	52
53	OPEN	200 Breaststroke	54
55	13/14	200 Breaststroke	56
57	OPEN	100 Freestyle	58
59	13/14	100 Freestyle	60
61	OPEN	200 Backstroke	62
63	13/14	200 Backstroke	64
65	OPEN	100 Butterfly	66
67	13/14	100 Butterfly	68
69	OPEN	50 Freestyle	70

Sunday, MAY 19th PM Session Warm Up: NOT BEFORE NOON			
GIRLS	AGE	EVENT	BOYS
71	10 & Under	200 Freestyle	72
73	11 &12	50 Backstroke	74
75	10 & Under	50 Backstroke	76
77	11 &12	100 Breaststroke	78
79	10 & Under	100 Breaststroke	80
81	11 &12	50 Butterfly	82
83	10 & Under	50 Butterfly	84
85	11 &12	100 Freestyle	86
87	10 & Under	100 Freestyle	88
89	12&Under	200 Free Relay	90

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 USA Swimming, Inc., Kentucky Swimming, Inc., Cardinal Aquatics and their staff, and University of Louisville 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 members of USA Swimming as a team, coach, athlete, or administrator and are eligible to compete in all events I/we have entered.

SIGNATURE _____ **POSITION** _____

ENTRY PERSON _____ **EMAIL** _____

TEAM _____ **TEAM CODE** _____

TEAM ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

PHONE _____ **FAX** _____

RECAP OF ENTRIES:

_____ Individual Events X \$6.00= \$ _____

_____ Relay Events X \$10= \$ _____

_____ Total Swimmers Entered for KYLSC Surcharge X \$2.50 = \$ _____

_____ Total Swimmers Entered for Facility Fee X \$20.00 = \$ _____

Total \$ _____

Make Checks Payable to Cardinal Aquatics (can be paid at meet) or mail to:

Cardinal Aquatics
13415 Kristen Leigh Ct
Louisville, KY 40299

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

University of Louisville Natatorium Driving Directions
From the South (Nashville): Take I-65 North to the first Eastern Parkway Exit. Go right

off the ramp and turn left at the first stoplight (Crittenden Dr.). Proceed to the first stop sign and turn left (Warnock St.). Go under the I-65 overpass and turn right at the second stoplight (Floyd St.). Cardinal Park will be on your right and Cardinal Arena will be on your left. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.

From the North (Indianapolis): Take I-65 South to the Arthur Street Exit. Turn right at the first stop sign (Brandeis St.). Turn left at the stoplight (Floyd St.). Cardinal Park will be on your left and Cardinal Arena will be on your right. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.

From the East (Lexington/Cincinnati): Take I-64 West or I-71 South to I-65 South and get off at the Arthur Street Exit. Turn right at the first stop sign (Brandeis St.). Turn left at the stoplight (Floyd St.). Cardinal Park will be on your left and Cardinal Arena will be on your right. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.

From the West (St. Louis): Take I-64 East to I-65 South and get off at the Arthur Street Exit. Turn right at the first stop sign (Brandeis St.). Turn left at the stoplight (Floyd St.). Cardinal Park will be on your left and Cardinal Arena will be on your right. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.