Held under USA Swimming and Kentucky Swimming - Sanction KYSC####

**SITE** Mary T. Meagher Aquatic Center located at 201 Reservoir Ave, Louisville KY 40206.

**POOL** The facilities consist of an 11 lane, 25-yard indoor competition pool ranging in depth from 5 to 12 feet. Eleven lanes will be used for competition. The competition course has 8-foot wide lanes marked by continuous lane lines and Paragon starting blocks. An additional 11 lane 25 meter indoor pool is available for continuous warm-up / warm-down. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**RULES** Current USA Swimming and Kentucky Swimming rules will govern this meet. At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer’s responsibility to make such arrangements prior to the start of 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.

All coaches, on arrival for each session, must show his/her USA coach’s Card for admittance and in order to receive the team’s coach packet. The Meet Referee has the right to ask for coach credential and deny access if coaches do not comply or the card is no longer valid/current.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, rest rooms or locker rooms.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will

govern this meet.

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. Exceptions may be granted with prior written approval by the Program Operations Vice Chair. USA Swimming article 202.4.9 J

**FORMAT**

Friday night will be a Timed Finals session, all 10-under events are timed finals and all Saturday and Sunday events for 11-12 or 13-over will be Prelims and Finals. Events of 200 yards or less will be pre-seeded. All relays will be run during prelims at the end of the session.

Any event 400 yards or longer will be deck seeded. These events may be limited to a maximum of four (4) heats per event. At the discretion of the Meet Referee and Meet Director, 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.

The meet host reserves the right to adjust sessions and event order if needed for meet management purposes.

**ELIGIBILITY**

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, December 13, 2019. 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. 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. No on-deck registrations will be allowed.

**WARM-UP STARTING TIMES**

***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.***

*Warm-up session lane assignments will be provided on the pool deck.*

Current session format based on last year and agreed upon combining of sessions – meet host reserves the right to create a Saturday PM and/or Sunday PM Session if needed – anticipated timeline based on 400 swimmers.

FRIDAY AFTERNOON SESSION:

 Warm-ups: 4:30p.m. Meet starts: 5:30 p.m.

SATURDAY MORNING PRELIM SESSION:

Warm-ups: 7:00 a.m. Meet starts: 8:00 a.m.

SATURDAY NIGHT FINAL SESSION:

Warm-ups: 4:30 p.m. Meet starts 5:30 p.m.
SUNDAY MORNING PRELIM SESSION:

Warm-ups: 7:00 a.m. Meet starts 8:00 a.m.

SUNDAY NIGHT FINAL SESSION:

Warm-ups: 4:00 p.m. Meet starts 5:00 p.m.

**AWARDS**

Every heat winner will have their name placed into the “winners” pool and at the end of each session male and female names will be drawn and awarded a special award, sponsored by Speedo.

Awards will not be mailed.

**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. Coacheswho 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**

10-unders may compete in no more than five (5) individual events and one (1) relay per day. 11-12 and 13-over swimmers may compete in no more than three (3) individual events and one (1) relay per day. The meet host reserves the right to reduce this limit for meet management purposes if needed.

**ENTRY FEES**

$6.00 Commlink entry per individual event

$7.00 written entry per individual event

$10.00 per relay event

$11.00 per swimmer Facility Fee

$2.50 per swimmer KYLSC Fee

**CHECK-IN PROCEDURE**

Swimmers are required to check in behind the head table 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 Meet Director and Meet 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 not be a penalty for no-shows, but the event will count as an event swum.

**Scratching from Consolation Finals and Championship Finals**

1. Any swimmer qualifying for a consolation final or a championship final race in an individual event who fails to compete in said consolation final or championship final race shall be disqualified from their next scheduled event. If the swimmer has no scheduled events remaining, a $25 fine will be assessed. (Referee discretion exception for failure to compete)

2. In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or championship 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.

**There are no refunds for scratched or missed events**

**ENTRY DEADLINE**

The entry deadline is Monday, December 2, 2019, with changes or corrections accepted through Monday, December 9, 2018. Please submit electronic entries using the Hytek Commlink file (cl2 file) by E-mail to deboor@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**

If a coaches meeting is deemed necessary, the Meet Director or Meet Referee will provide information regarding time and location. All coaches, on arrival for each session, must show his/her USA coach’s Card for admittance and in order to receive the team’s coach packet. Any swimmer attending the meet without a coach should report to the Meet Referee to be assigned a coach for warm-up.

**SPECTATORS**

Spectator admission will be free, with heat sheets provided free electronically.

**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 Director.

**MEET DIRECTOR Renee Thiesing** lksmeetmanager@gmail.com

**MEET REFEREE Ken Coulter** kcoulter25@gmail.com

**ORDER OF EVENTS**The meet host reserves the right to adjust sessions and event order if needed for meet management purposes.

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| **GIRLS** | **EVENT** | **BOYS** |   | **GIRLS** | **EVENT** | **BOYS** |
| **EVENT #** | **Friday-PM** | **EVENT#** |   | **EVENT #** | **Sunday AM** | **EVENT#** |
| 1 | 11-12 200 IM | 2 |   | 47 | 10-under 100 FR | 48 |
| 3 | \*\*13-0ver 400 IM | 4 |   | 49 | 13-0ver 200 BR | 50 |
| 5 | \*\*11-12 500 FR | 6 |   | 51 | 11-12 50 BR | 52 |
| 7 | \*\*13-0ver 500 FR | 8 |   | 53 | 10-under 100 BK | 54 |
|   |   |   |   | 55 | 13-over 100 BK | 56 |
|   | **Saturday AM** |   |   | 57 | 11-12 100 BK | 58 |
| 9 | 10-under 100 IM | 10 |   | 59 | 10-under 100 BR | 60 |
| 11 | 11-12 50 BK | 12 |   | 61 | 13-0ver 100 FR | 62 |
| 13 | 13-0ver 200 BK | 14 |   | 63 | 11-12 100 FR | 64 |
| 15 | 10-under 50 Free | 16 |   | 65 | 10-under 100 FL | 66 |
| 17 | 11-12 100 BR | 18 |   | 67 | 13-over 100 FL | 68 |
| 19 | 13-0ver 100 BR | 20 |   | 69 | 11-12 100 FL | 70 |
| 21 | 10-under 50 BK | 22 |   | 71 | 10-under 200 IM | 72 |
| 23 | 11-12 50 FR | 24 |   | 73 | 13-over 200 IM | 74 |
| 25 | 13-0ver 50 FR | 26 |   | 75 | 10-under 200 F.R. | 76 |
| 27 | 10-under 50 BR | 28 |   | 77 | \*11-12 200 F.R. | 78 |
| 29 | 11-12 50 Fly | 30 |   | 79 | \*13-Over 200 F.R. | 80 |
| 31 | 13-0ver 200 FL | 32 |   | 81 | \*\*\*1650 FR  | 82 |
| 33 | 10-under 50 FL | 34 |   |  |  |  |
| 35 | 11-12 200 FR | 36 |   |  |  |  |
| 37 | 13-0ver 200 FR | 38 |   |   |   |   |
| 39 | 10-under 200 FR | 40 |   |   |   |   |
| 41 | \*11-12 200 M.R. | 42 |   |   |   |   |
| 43 | \*13-Over 200 M.R. | 44 |   |   |   |   |
| 45 | 10-under 200 M.R. | 46 |   |   |   |   |
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|  | \*These events will be Timed Finals swum at the end of the morning sessions.\*\*These events will be limited to a maximum of 4 heats per event. At the discretion of the Meet Referee and the Meet Director, 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.\*\*\* These events will be swum fastest to slowest, alternating women then men after the relays. |  |  |  |  |  |  |

**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 (USAS), the Kentucky Local Swim Committee of USAS, 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.

In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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

ENTRY PERSON \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-MAIL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

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

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

RECAP OF ENTRIES:

\_\_\_\_\_\_ Individual Events x $6.00 each COMMLINK = $\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_ Relay Events x $10.00 = $\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ Swimmers Facility Fee & KYLSC x $13.50 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