



43rd ANNUAL SEAHAWK INVITATIONAL

July 6-7-8, 2023

SANCTION#: KYLCXXXX

SITE: LAKESIDE SWIM CLUB, 2010 TREVILIAN WAY, LOUISVILLE, KY 40205.

FACILITY: The famous "LAKE" contains a 50-meter course, with ten seven-foot wide lanes and a minimum eight-foot depth throughout. The course is equipped with Competitor lane lines and custom designed starting blocks. Competition will occur in 10 lanes. An additional 4 lane 25 meter pool is available for continuous warm-up / warm-down. 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. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

This is an outdoor meet, where weather extremes are possible and have been experienced in the past. By entering this swim meet, coaches, swimmers and families understand that the Facility Staff or Meet Staff may choose to limit or cancel any portion of the meet if there are any safety concerns due to extreme weather or facility conditions. In the event that any portion of the meet is cancelled due to safety concerns, no entry fees will be refunded.

IMPORTANT NOTE: The Lakeside Swim Club is a Private Swim Club and will be open to its members during the meet, therefore, please review the club rules and regulations listed

Lakeside Swim Club Rules and Regulations for Swim Meet Participants and Spectators

1. Swimmers, Coaches, and Spectators shall use the designated swim meet entrance, not the club's main entrance.
2. Loading and unloading of swimmers on Trevilian Way shall be in front of the club only. Do not load or unload on the opposite side of the street from the club.
3. Cars and Buses are not permitted to park in the loading zone, handicap spaces or yellow zone of the club. It is suggested that buses unload and return to the team hotel.
4. The Lakeside Swim Club prohibits glass, cans and alcoholic beverages on the property. Coolers and bags may be inspected by staff. Deck changes are not permitted on Lakeside Club property.
5. **Spectator fees do not include use of the club's recreational and/or fitness facilities.** However, the raft area, located adjacent to the 50 meter lanes, may be use by spectators, providing it is one person on a single person float, who remains on their float while watching the swim meet. No swimming is allowed in this area.
6. Swimmers are restricted to the competition areas and are not to use the recreational or fitness facilities.
7. The club staff is here for your safety and pleasure. Please review the pool information upon arrival as a swimmer and/or spectator.
8. Limited bleacher seating is available. Spectators and swimmers are welcome to bring their own chairs. Club chairs will not be available to swimmers and spectators.
9. In the event of thunderstorms, club policy is to clear the water and areas surrounding the water for 30 minutes from the last thunder clap and/or lightning strike. Meet Management and the Lakeside Staff will determine the meet schedule storm delay.

INCLEMENT WEATHER:

This is an outdoor facility and the Lakeside Swim Team and Lakeside Swim Club have no control over the



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weather. If events or sessions are cancelled or shortened due to excessive heat, cold, thunderstorms or other uncontrollable weather issues, there will not be any entry refunds, unless deemed necessary by the Meet Director. The Lakeside Swim Team and Lakeside Swim Club will have swimmer safety as their first concern and will make all decisions concerning the handling of any weather-related issues. By entering the meet, swimmers, parents and coaches agree to the above conditions.

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 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.

All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

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

TYPE OF MEET: Timed Final meet. National "BB" time standards will be used for 200 and 400 meter events in order to control the length of the meet. ABSOLUTELY NO UNQUALIFIED SWIMMERS IN THESE EVENTS. All other events have no time standards.

SCORING: Age Group and Open:

Individual Events: 11,9,8,7,6,5,4,3,2,1.

Relays Events: 22, 18, 16, 14, 12, 10, 8, 6, 4, 2



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AWARDS: Ribbons will be awarded for 1st through 10th in all individual events and for the Top 3 Relay Teams for 12&U swimmers. No ribbons will be awarded for 13 & Over swimmers.

Please have swimmers/team representative pick up awards. None will be mailed.

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, July 6, 2023. 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

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.

COACHES MEETING: If a coaches meeting is deemed necessary, the Meet Director or Meet Referee will provide information regarding time and location.

MEET DIRECTOR: lksmeetmanager@gmail.com

MEET REFEREE: officials@lakesideseahawks.org

ENTRY CHAIR: deboor@lakesideseahawks.org

ENTRY LIMIT: Swimmers may compete in a maximum of six (6) individual events and one (1) Relay per day. This meet will be limited to a maximum of 300 non-Lakeside swimmers.

ENTRY FEES: Individual Events \$8.00 each; Relays \$20.00 each. Surcharge Per swimmer is \$20.00, included is the KYLSC Swimmer Surcharge \$2.50 per swimmer

ENTRY: Entries will not be accepted prior to 8:00 am May 30, 2023 or after June 14, 2020. Teams must have their entry in the Seahawk team office by 12:00pm on June 12, 2023 or it will not be accepted. Teams will be advised if they are entered in the meet by June 14, 2023.

- Additional swimmers will not be accepted. Please make sure your entry is complete. We will accept corrections to entry times until Monday, July 3, 2023 12:00 noon pm EDT.



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- If you need more information, please contact the Meet Director
- Deck entries may be accepted at the discretion of the Meet Referee and will be charged \$21 per individual event and \$30 per relay. Make checks payable to Lakeside Swim Team:

Lakeside Swim Team
1928 Woodbourne Ave
Louisville, KY 40205

WARM-UP AND STARTING TIMES:

THURSDAY AFTERNOON SESSION

Warm-ups: 3:30 PM Meet: 4:30 PM

FRIDAY AND SATURDAY MORNING SESSIONS

Warm-ups: 7:00 AM Meet: 8:00 AM

FRIDAY AND SATURDAY AFTERNOON SESSIONS

Warm-ups: 12:00 PM Meet: 1:00 PM

12 & UNDER WARM-UP SESSION – Exact warm-up times will be announced after all entries are in hand.

WARM-UP PROCEDURE

FIRST 20 MINUTES Lanes 1-10 are General Warm-up & No diving

SECOND 20 MINUTES Lanes 9 & 10 are Pace Lanes. Lanes 1-8 are General Warm-up & No diving

THIRD 20 MINUTES Lanes 1-4 Sprint One Way Only. Lanes 5-8 are General Warm-up & No diving. Lanes 9-10 Pace Lane

Depending upon the number of entries and distribution of swimmers by team, the host reserves the right to make lane assignments for warm-up and adjust the above procedures to allow a safe and timely warm-up for all competitors.

CONDITIONS OF COMPETITION: This meet will be pre-seeded on Friday and Saturday. Entered swimmers not wishing to swim an event are encouraged to scratch at least 45 minutes prior to the start of the session. Acceptance of deck entries will be at the sole discretion of the meet referee and will be based upon the ability to place swimmers in empty lanes without delay of the meet. No new swimmers may be entered after entry deadline.

Positive check-in is required for Thursday's events, which will be deck seeded 45 minutes prior to the start of the session and may be limited to the Top 30 at the discretion of the Meet Referee. Check-in must be completed by the swimmer or coach, and swimmers not checked in 45 minutes prior to the start of the session will be scratched from the event. There will be no refund of entry fees for swimmers who do not compete.

The following KYLSC scratch rules will apply for the Thursday session:

Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless he notifies the Clerk of Course before the seeding for that event has begun that he wishes to scratch. Failure to scratch prior to seeding and not swimming in the event will result in his being barred from the next individual event in which he is entered on that day or the next meet day,



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whichever is first. Events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the session.

Exceptions for failure to compete:

No penalty shall apply for failure to withdraw or compete in an individual event if:

- A. The Referee is notified in the event of illness or injury and accepts the proof thereof;
- B. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

RELAYS: Relay cards will be included in the coach's packets. Coaches should write the swimmer's first and last names on the cards and then turn them in to the Clerk of Course no later than 30 minutes prior to the start of each session.

SPECTATOR ADMISSION: Spectator is anyone age 1 year or older and cash or credit card accepted. *The Lakeside Club, not the Team, sets, collects and retains the admission fee.*

Three Day Pass - \$25.00

Single Day Pass - \$10.00

HOSPITALITY: The swim team parents are hosting a breakfast and lunch for the coaches on Friday and Saturday in the Trophy Room above the swim shop in the Eckard Building. Will have snacks and drinks Thursday and during the meet.

CLEAN-UP: We appreciate the use of Lakeside Swim Club for hosting our meets during the summer season and hope you will show your appreciation by keeping the grounds around your team area free of litter.

OFFICIALS: The Lakeside Swim Team welcomes the assistance of any visitors who would like to serve as officials or timers. Please contact the meet referee or sign up on the KYLSC website if interested in working a session.

PLEASE NOTE: Within the spirit of competition there are infrequent occasions when conduct becoming a competitor is questionable. It will be the responsibility of coaches, assistants, and/or team chaperones to monitor competitors' activities during the swim meet. Instances involving the destruction of property, abuse of meet workers, or any other behavior deemed by the meet referee to be detrimental to the conduct of the swim meet may be grounds for dismissal from the meet.



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ORDER OF EVENTS

THURSDAY AFTERNOON SESSION

Girls Ev#	Time Std.	Event Description	Time Std.	Boys Ev#
1	6:27.59	13-14 400 IM	6:04.69	2
3	6:18.79	Open 400 IM	5:47.29	4
5	5:56.49	11-12 400 Free	5:48.69	6
7	5:40.89	13-14 400 Free	5:24.09	8
9	5:32.89	Open 400 Free	5:09.89	10

EACH THURSDAY EVENT MAY BE LIMITED TO THE 30 FASTEST SWIMMERS

Lakeside reserves the right to run one additional heat for Lakeside swimmers.

FRIDAY MORNING SESSION

Girls Ev#	Time Std.	Event Description	Time Std.	Boys Ev#
11		13-14 200 Free Relay		12
13		Open 200 Free Relay		14
15		13-14 100 Free		16
17		Open 100 Free		18
19	2:59.39	13-14 200 Back	2:49.69	20
21	2:55.59	Open 200 Back	2:41.39	22
23		13-14 100 Breast		24
25		Open 100 Breast		26
27		13-14 100 Fly		28
29		Open 100 Fly		30
31	3:03.39	13-14 200 IM	2:51.99	32
33	2:59.69	Open 200 IM	2:43.99	34



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FRIDAY AFTERNOON SESSION

Girls Ev#	Time Std.	Event Description	Time Std.	Boys Ev#
35		9-10 200 Free Relay		36
37		11-12 200 Free Relay		38
39		8-Under 200 Free Relay		40
41		9-10 50 Free		42
43		11-12 50 Free		44
45		8 and under 50 Free		46
47		9-10 100 Breast		48
49		11-12 100 Breast		50
51		9-10 50 Back		52
53		11-12 50 Back		54
55		8 and under 50 Back		56
57		9-10 100 Fly		58
59		11-12 100 Fly		60
61	3:20.99	9-10 200 Free	3:12.09	62
63	2:50.39	11-12 200 Free	2:45.19	64

SATURDAY MORNING SESSION

Girls Ev#	Time Std.	Event Description	Time Std.	Boys Ev#
65		13-14 200 Medley Relay		66
67		Open 200 Medley Relay		68
69	2:42.59	13-14 200 Free	2:32.29	70
71	2:38.69	Open 200 Free	2:26.09	72
73		13-14 100 Back		74
75		Open 100 Back		76
77	2:59.49	13-14 200 Fly	2:49.19	78
79	2:54.79	Open 200 Fly	2:40.39	80
81		13-14 50 Free		82
83		Open 50 Free		84
85	3:25.59	13-14 200 Breast	3:11.59	86
87	3:20.79	Open 200 Breast	3:02.49	88



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SATURDAY AFTERNOON SESSION

Girls Ev#	Time Std.	EVENT DESCRIPTION	Time Std.	Boys Ev#
89		9-10 200 Medley Relay		90
91		11-12 200 Medley Relay		92
93		8-under 200 Medley Relay		94
95		9-10 100 Free		96
97		11-12 100 Free		98
99		8-under 100 Free		100
101		9-10 50 Breast		102
103		11-12 50 Breast		104
105		8-under 50 Breast		106
107		9-10 100 Back		108
109		11-12 100 Back		110
111		9-10 50 Fly		112
113		11-12 50 Fly		114
115		8-under 50 Fly		116
117	3:43.19	9-10 200 IM	3:40.79	118
119	3:11.49	11-12 200 IM	3:09.29	120



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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 and all claims against Seahawks, the Lakeside Corporation, Kentucky Swimming, Inc, USA Swimming, Inc 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 bona fide members of United States Swimming as a team, coach, athlete, or administrator and are eligible to compete in all events I/we have entered.

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SIGNATURE _____ POSITION _____

ENTRY PERSON _____

E-MAIL _____

TEAM _____ TEAM CODE _____

TEAM ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

RECAP OF ENTRIES:

_____ Individual events x \$8.00 each = _____

_____ Relays x \$20.00 each = _____

_____ Swimmers x \$2.50 KYLSC Fee = _____

_____ Swimmers x \$17.50 Swimmer Fee = _____

TOTAL DUE \$ _____

Make checks payable to Lakeside Swim Team and mail entry & release form to:

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C/O Entry Chairman

1928 Woodbourne Ave

Louisville, KY 40205