**SANCTION#:**

**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. **The use of audio or video recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. Deck changing or dressing is against USA Swimming Policy and may result in athletes being barred from the meet.**

**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 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.
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 and remain 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 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 are agreeing to the above conditions.

**TYPE OF MEET:**

Senior and Age Group Time Standard Meet. Preliminary and Finals Meet for 13-14 and Senior Divisions, and Timed Finals Meet for 10-under and 11-12 groups. There will be Consolation heats for Senior and 13-14 events.

**TIME STANDARDS:**

**This meet has the following qualifying time standards;**

**2017-2020 National Age Group Motivational Times 10-under & 11-12 National “A”, 13-14 National “AA” and 15-over National 15-16 “AAA”**

**SCORING:**

Senior/13-14 - Individual: 24,21,20,19,18,17,16,15,14,13,11,9,8,7,6,5,4,3,2,1

Senior/13-14 - Relays: 48,42,40,38,36,34,32,30,28,26

Age Group 11-12 & 10 U Individual: 24,21,20,19,18,17,16,15,14,13

Age Group Relays 11-12 & 10 U: 48,42,40,38,36,34,32,30,28,26

**AWARDS:**

Senior & 13-14: No Awards

11-12 & 10 U: Trophies will be awarded for 1st, 2nd, & 3rd. Ribbons for 4th-10th in all events

Visiting Team: 1st-$350.00 Travel Fund Contribution

2nd-$250.00 Travel Fund Contribution

3rd-$150.00 Travel Fund Contribution

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, June 7,2018. 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.

**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.

**COACHES MEETING:**

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

**ENTRY LIMIT:**

This meet will be strictly limited to **500 swimmers**. Senior and 13-14 swimmers may enter three (3) and compete in no more than three (3), individual events per day. 12 and under swimmers may enter and compete in no more than four (4) individual events per day

**The following events may be limited in the following manner:**

1500 Free 3 Heats (fastest 30 swimmers)

800 Free 4 Heats (fastest 40 swimmers)

400 Free/400 I.M. 6 Heats (fastest 60 swimmers)

**No entry fee refund for swimmers not making the event.**

**PROOF OF TIME: \*If Meet Director deems necessary**

Proof of Time for events 400 meters and longer shall be required for all swimmers not achieving the Standard Time. Failure to prove the Swimmer’s ENTRY TIME shall result in the disqualification of the Swimmer's next individual event, Prelims or Finals, in which he/she is scheduled to compete. Proof of time shall be meet results in which the swimmer achieved his/her ENTRY TIME.

**SCRATCH & CHECK-IN PROCEDURES:**

All swimmers in the following events must check in with the Clerk of Course by the following deadlines. Failure to check in for that event will result in the swimmer being scratched

#3-4 Senior 400 I.M. 7:15 am Thursday

#19-20 Senior 1500 Free 9:00 am Thursday

#41-42 Senior 400 Free 7:15 am Friday

#43-44 13-14 400 Free 7:15 am Friday

#97-98 Senior 800 Free 7:15 am Saturday

#111-112 11-12 400 Free 45 minutes prior to Saturday Afternoon Session

* For swimmers not making the entry limit in the above events, the event shall be considered a scratch.
* All 13-14 and Senior relays must be checked in 45 minutes before the end of each morning session.
* There is no check in for any other events.
* Swimmers who wish to scratch any event in the prelims are requested to notify the Clerk of Course.

**Events Seeded on the Deck**

Swimmers entered in an individual event that is seeded on the 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 swimmers being barred from the next individual event in which they are entered on that day or the next meet day, whichever is first. Swimmers with no additional events scheduled will be fined $25. Events seeded on the deck shall be closed for seeding no LATER than thirty (30) minutes prior to the start of the session, except for the 1500 Free which will be seeded no LATER than 9:30AM Thursday.

**Scratching from Consolation Finals and Championship Finals**

1. Any swimmer qualifying for a consolation final or championship final race in an individual event who does not scratch during the 30 minute scratch period and fails to compete in said consolation final or championship final race shall be disqualified from their next scheduled event. Swimmers with no additional events scheduled will be fined $25 (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 FEES:**

Individual Events- $5.50 each; deck entries-$10.00.

Relays- $12.00 each; deck entries $15.00.

Swimmer Surcharge-$6.00 per swimmer; $2.50 of which goes to the Kentucky LSC.

**ENTRY DEADLINE:**

**Entries will not be accepted prior to 8:00 am April 30, 2018 or after May 14, 2018**. Teams must have their entry in the Lakeside team office by 5:00pm on May 14th or it will not be accepted. Only entries **mailed** with a check and the release form will be accepted, no hand deliveries will be accepted. Teams will be advised if they are entered in the meet by May 16th, 2018.

* Additional swimmers will not be accepted. Please make sure your entry is complete. We will accept corrections to entry times until Monday, June 4th 5:00 pm EDT.
* If you need more information, please contact the Meet Director or Mike DeBoor
* Entries must be submitted electronically (Hy-Tek or SDIF) by emailing a commlink file to the Lakeside swim office at: [deboor@lakesideseahawks.org](mailto:deboor@lakesideseahawks.org). Handwritten, telephone, or fax entries will not be accepted. If the USAS ID for any swimmer is omitted, that swimmer’s entries will not be accepted.
* Note: If your team does not use Hy-Tek’s Team Manager or equivalent, then WinTM II Lite, downloadable free of charge from Hy-Tek’s web site, should be used to prepare your entries.
* **All entry times should be in Long Course Meters.**
* Make checks payable to Lakeside Swim Team, and mail with the entry and release form to:

90th Ohio Valley Championships

c/o Entry Chairman

1928 Woodbourne Ave

Louisville, KY 40205

**WARM UP & START TIMES:**

THURSDAY, FRIDAY & SATURDAY MORNING PRELIMS

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

THURSDAY& FRIDAY NIGHT FINALS

Warm-ups: 5:30pm Meet: 6:30pm

SATURDAY NIGHT FINALS

Warm-ups: 4:30pm Meet: 5:30pm

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

THURSDAY AFTERNOON warm-ups approx. 1:30 PM

FRIDAY AFTERNOON warm-ups approx. 12:00 PM

SATURDAY AFTERNOON warm-ups approx. 1:00 PM

**WARM UP TIME ON WEDNESDAY:**

Teams traveling from outside the area wishing to warm-up on Wednesday afternoon must contact the team office at (502) 451-4333, to schedule pool time. Entrance will not be permitted to any team or participant who does not make such arrangements. The 50-meter lanes will be available for warm up between 4:00 pm and 8:30 pm.

**TIMED FINAL EVENTS:**

The 1500 Free will be swum at the end of Thursday morning session. The 800 Free will be swum at the end of the Saturday morning session. **Both events will be swum fastest to slowest, alternating women and men’s heats.**

* Each entrant in the 1500 & 800 Free will be required to furnish **one timer and a counter** for his/her heat and lane.
* All events in the afternoon sessions are timed finals.

**Relays for the 13&Over Sessions will swim during finals.**

**DECK ENTRIES:**

Deck entries will be accepted at the discretion of the Meet Referee.

**CLERK OF COURSE:**

This will be a pre-seeded meet. Clerk of course will be open for check in and for swimmers to scratch from their events. Failure to do so will count as an event swum.

**COACHES CERTIFICATION:**

It is required that coaches display USA coaches’ certification at all times while on deck and for admission to the meet.

**SPECTATOR ADMISSION: Spectator is anyone age 1 year or older and cash or check only.**

Three Day Pass $20.00 Single Day Pass $8.00 Single Day Finals Pass $5.00

**HEAT SHEETS:**

Heat sheets will be published electronically on Meet Mobile and in PDF format on the Lakeside Website.

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

**MEET REFEREE:** Kelley Johnston[kelley.johnston@twc.com](mailto:kelley.johnston@twc.com)

**PLEASE NOTE:**

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

**COMPLIMENTARY** **COACHES’ LUNCH:**

The Lakeside Swim Team Parents are hosting a lunch each day for the coaches in the trophy room on the second floor of the Eckard Building. Stop by each day between 11:30 am and 2:00 pm to have lunch, relax, and get out of the sun.

**OFFICIALS & TIMERS:**

The Lakeside Seahawks welcome the assistance of any visiting parent who would like to serve as an official or timer. Officials can contact the Meet Referee or sign up in advance on the KYLSC website www.kylsc.org

**ORDER OF EVENTS**

**THURSDAY MORNING SESSION**

EV# GIRLS EVENT DESCRIPTION BOYS EV#

1 Open 200 Medley Relay\* 2

3 Open 400 Ind. Medley 4

5 13-14 200 Free 6

7 Open 200 Free 8

9 13-14 100 Breast 10

11 Open 100 Breast 12

13 13-14 100 Fly 14

15 Open 100 Fly 16

17 Open 200 Free Relay\* 18

19 Open 1500 Free\*\* 20

\*TIMED FINAL EVENTS, Swim in Finals Session only

\*\*TIMED FINAL EVENTS, Fastest to slowest, alternating girls/boys

**THURSDAY AFTERNOON SESSION**

21 10-Under 50 Fly 22

23 11-12 50 Fly 24

25 10-Under 50 Back 26

27 11-12 50 Back 28

29 10-Under 50 Breast 30

31 11-12 50 Breast 32

33 10-Under 50 Free 34

35 11-12 50 Free 36

37 10-Under 200 Free Relay 38

39 11-12 200 Free Relay 40

**FRIDAY MORNING SESSION**

41 13-14 400 Free 42

43 Open 400 Free 44

45 13-14 200 Breast 46

47 Open 200 Breast 48

49 13-14 50 Free 50

51 Open 50 Free 52

53 13-14 100 Back 54

55 Open 100 Back 56

57 13-14 400 Medley Relay\* 58

59 Open 400 Medley Relay\* 60

\*TIMED FINAL EVENTS, Swim in Finals Session only

**FRIDAY AFTERNOON SESSION**

61 11-12 200 Free 62

63 10-Under 200 Free 64

65 11-12 100 Fly 66

67 10-Under 100 Fly 68

69 11-12 100 Breast 70

71 10-Under 100 Breast 72

73 11-12 200 Medley Relay 74

75 10-Under 200 Medley Relay 76

**SATURDAY MORNING SESSION**

77 13-14 200 Back 78

79 Open 200 Back 80

81 13-14 100 Free 82

83 Open 100 Free 84

85 13-14 200 I.M. 86

87 Open 200 I.M. 88

89 13-14 200 Fly 90

91 Open 200 Fly 92

93 13-14 400 Free Relay\* 94

95 Open 400 Free Relay\* 96

97 Open 800 Free\*\* 98

\*TIMED FINAL EVENTS, Swim in Finals Session only

\*\*TIMED FINAL EVENTS, Fastest to slowest, alternating girls/boys

**SATURDAY AFTERNOON SESSION**

99 11-12 100 Free 100

101 10-Under 100 Free 102

103 11-12 200 IM 104

105 10-Under 200 IM 106

107 11-12 100 Back 108

109 10-Under 100 Back 110

111 11-12 400 Free 112

**WAIVER & ENTRY SUMMARY SHEET**

**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 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TITLE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

TEAM ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
CITY/STATE/ZIP \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
PHONE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ COACH \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SUMMARY OF ENTRIES:**

\_\_\_\_\_Individual events x $5.50 each =\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_Relays x $12.00 each =\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_Swimmers x $6.00 Swimmer Surcharge Fee =\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

90th Ohio Valley Championships

c/o Entry Chairman

1928 Woodbourne Ave

Louisville, KY 40205

Email Results To: