**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. **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.**

***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

**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 are 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 lightening strike.  Meet Management and the Lakeside Staff will determine the meet schedule storm delay.

**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

**AWARDS:** High Point awards for the Top Scoring swimmer in each Age Group. 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 11, 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 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. 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.

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

**MEET REFEREE: Brent Runkle**

**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 $5.50 each; Relays $12.00 each. Surcharge Per swimmer is $6.00, included is the KYLSC Swimmer Surcharge $2.50 per swimmer

**ENTRY:** Entries will not be accepted prior to 8:00 am May 28, 2019 or after June 17, 2019. Teams must have their entry in the Seahawk team office by 12:00pm on June 17, 2019 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 June 20, 2018.

* Additional swimmers will not be accepted. Please make sure your entry is complete. We will accept corrections to entry times until Monday, July 8, 2019 5:00 pm EDT.
* If you need more information, please contact the Meet Director
* ONLY ENTRIES MAILED WITH A CHECK AND THE RELEASE FORM WILL BE ACCEPTED. FAXED ENTRIES WILL NOT BE ACCEPTED. Deck entries may be accepted at the discretion of the Meet Referee and will be charged $10 per individual event and $20 per relay. Make checks payable to Lakeside Swim Team and mail with the entry and release form to:

Lakeside Swim Team  
1928 Woodbourne Ave  
Louisville, KY 40205  
**OR**  
Teams may enter by email a commlink and zip file to  
the Lakeside swim office at: [deboor@lakesideseahawks.org](mailto:deboor@lakesideseahawks.org)

**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, 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:

1. The Referee is notified in the event of illness or injury and accepts the proof thereof;
2. 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 check only.**

Three Day Pass $25.00 Single Day Pass $10.00

**HOSPITALITY:** The swim team parents are hosting a lunch for the coaches on Friday and Saturday in the Trophy Room above the swim shop in 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.

**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.

**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 |

**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 |

**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 |

**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 the Lakeside 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 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.

***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.***

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

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

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

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

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

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

PHONE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**RECAP OF ENTRIES:**

\_\_\_\_\_\_ Individual events x $6.50 each =\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ Relays x $15.00 each =\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ Swimmers x $2.50 KYLSC Fee =\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_ Swimmers x $5.50 Swimmer Fee =\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

41st Seahawk Invitational

C/O Entry Chairman

1928 Woodbourne Ave

Louisville, KY 40205