

OCTOBER 7-8-9, 2022

SANCTION: # This meet is sanctioned by USA Swimming and Kentucky Swimming KYSC23-LAK01

LOCATION: Mary T. Meagher Aquatic Center 201 Reservoir Avenue Louisville, KY 40206

FACILITY: The facility consists 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.

COVID-19: We have taken enhanced health and safety measures for the swimmers, coaches, volunteers, spectators and other meet workers. You must follow all posted instructions while attending this event. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

Neither USA Swimming, Inc. nor Kentucky Swimming, Inc., can prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Thus, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

Permitting a swimmer to attend this meet constitutes a representation by that swimmer's parent or guardian that the swimmer has not been tested positive for COVID-19 in the two weeks preceding the meet, that the swimmer has not been in close proximity to any person who has tested positive for COVID-19 in the two weeks preceding the meet, and that the swimmer is not exhibiting any signs of illness.

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.

DRONE USE: 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

MEET FORMAT: Pre-seeded, timed finals meet for all events.

The 11-12 500 Free, 13-14 400 IM, 500 Free and the Open 400 IM, 500 Freestyle will be deck seeded. These events will be limited to a maximum of four (4) heats per event. The Open 1000 Free will be limited to a maximum of 8 heats total combined men and women. At the discretion of the Meet Referee, 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.

POSITIVE CHECK-IN: All events 400 yards and longer will require positive check-in 45 minutes before the beginning of the session in which the event is to be swum. Check-in sheets will be located behind the head table. No other events need to be checked in.

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

MEET SCHEDULE: Meet host will notify teams of exact warm-up times, once all entries are in and a time-line has been developed.

Friday PM Session Warm-up @ 4:30 – 5:20pm Meet Starts @ 5:30pm Saturday AM Session Warm-up @ 7:00 – 7:50am Meet Starts @ 8:00am



Saturday Mid-Day Session (8-under) Warm-up 30 minutes after AM session but not before 11:30am Meet Starts 45 minutes later Saturday PM Session Warm-up @ 2:00 – 2:50pm Meet Starts @ 3:00pm Sunday AM Session Warm-up @ 7:00 – 7:50am Meet Starts @ 8:00am Sunday PM Session Warm-up 30 minutes after AM session but not before 11:30am Meet Starts 60 minutes later

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

OFFICIALS: The Lakeside Swim Team welcomes the assistance of any visitor who would like to serve as an official. Please contact the Meet Referee or sign up in advance on the KYLSC website www.kylsc.org

There will be an officials meeting 45 minutes prior to the start of each session.

HOSPITALITY: There will be a hospitality room open to coaches and officials throughout the meet.

MEET DIRECTOR:	Renee Thiesing <u>lksmeetmanager@gmail.com</u>
MEET REFEREE:	Ken Coulter <u>Kcoulter25@gmail.com</u>
ENTRY CHAIR:	Mike DeBoor deboor@lakesideseahawks.org

FINAL RESULTS: Final result files will be posted to the KYLSC website.

AWARDS:

13-14 and Open: No individual awards.

12 & Under: Ribbons will be awarded 1st through 10th for individual events. 6 & unders will swim with the 8 & unders but will be scored separate.

Awards will be available behind the head table at the end of each session ***Awards will not be mailed***



SCORING: All age groups will score top 10 for individual events.

CLERK OF COURSE: No clerk of course will be provided.

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, October 7, 2022

ENTRY PROCEDURE: The entry deadline is Wednesday, September 28, 2022.

Please submit entry file by e-mail to <u>deboor@lakesideseahawks.org</u>. Team Waiver should be mailed with payment 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.

ENTRY LIMITS: The Meet Host has the right to limit the meet to 700 swimmers. Swimmers may compete in four individual events on Friday and five individual events per day on Saturday and Sunday. If a swimmer is entered in more than maximum number if individual events for that day and does not scratch down by the deadline, the entry will be made by order of events, starting with Event #1 until the limit is satisfied. There will be no refunds for swimmers entered in more events than permitted.

ENTRY FEES:

\$7.50 Commlink entry per individual event\$10.00 written entry per individual event\$2.50 per swimmer KYLSC surcharge\$12.00 per swimmer Facility Fee

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.

WARM UP: Teams will be assigned lanes or meet host will post an Open Format warm up lane schedule at the meet – Warm up procedure will be determined by the number of swimmers entered.



ORDER OF EVENTS

Friday, October 7 Warm-up: 4:30 pm Meet Start: 5:30 pm

Girls Event #	Event	Boys Event #
1	13&Over 50 Backstroke	2
3	13&Over 50 Breaststroke	4
5	Open 1000 Freestyle ** (First two heats)	6
7	13&Over 50 Butterfly	8
5	Open 1000 Freestyle ** (Final two heats)	6

Saturday AM, October 8 Warm-up: 7:00 am Meet Start: 8:00 am

Sunday AM, October 9 Warm-up: 7:00 am Meet Start: 8:00 am

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Girls Event #	Event	Boys Event #
9	11-12 200 Freestyle	10
11	9-10 100 Butterfly	12
13	11-12 100 Butterfly	14
15	9-10 50 Breaststroke	16
17	11-12 50 Breaststroke	18
19	9-10 200 I.M.	20
21	11-12 200 I.M.	22
23	9-10 50 Freestyle	24
25	11-12 50 Freestyle	26
27	9-10 100 Backstroke	28
29	11-12 100 Backstroke	30

Girls Event #	Event	Boys Event #
71	9-10 100 Freestyle	72
73	11-12 100 Freestyle	74
75	9-10 50 Backstroke	76
77	11-12 50 Backstroke	78
79	9-10 100 Breaststroke	80
81	11-12 100 Breaststroke	82
83	9-10 50 Butterfly	84
85	11-12 50 Butterfly	86
87	9-10 200 Freestyle	88
89	11-12 500 Freestyle *	90



Saturday Mid-Day, October 8 Warm-up: not before 11:30 am Meet Start: not before 12:15 pm

Girls Event #	Event	Boys Event #
31	8-under 25 Breaststroke	32
33	8-under 50 Freestyle	34
35	8-under 25 Butterfly	36
37	8-under 50 Backstroke	38
39	8-under 25 Freestyle	40
41	8-under 50 Breaststroke	42
43	8-under 25 Backstroke	44
45	8-under 50 Butterfly	46

Saturday PM, October 8 Warm-up: 2:00 pm Meet Start: 3:00 pm

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Sunday PM, October 9		
Warm-up: not before 11:30 am		
Meet Start: not before 12:30 pm		

Girls Event #	Event	Boys Event #
47	13-14 200 Freestyle	48
49	Open 200 Freestyle	50
51	13-14 100 Butterfly	52
53	Open 100 Butterfly	54
55	13-14 200 Breaststroke	56
57	Open 200 Breaststroke	58
59	13-14 50 Freestyle	60
61	Open 50 Freestyle	62
63	13-14 200 Backstroke	64
65	Open 200 Backstroke	66
67	13-14 400 I.M.*	68
69	Open 400 I.M.*	70

Girls	Event	Boys
Event #		Event #
91	13-14 100 Breaststroke	92
93	Open 100 Breaststroke	94
95	13-14 200 Butterfly	96
97	Open 200 Butterfly	98
99	13-14 100 Freestyle	100
101	Open 100 Freestyle	102
103	13-14 200 I.M.	104
105	Open 200 I.M.	106
107	13-14 100 Backstroke	108
109	Open 100 Backstroke	110
111	13-14 500 Freestyle *	112
113	Open 500 Freestyle *	114

*These events will be limited to a maximum of 4 heats per event. At the discretion of the 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.



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.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA Swimming, Inc., Kentucky Swimming, Inc., Lakeside Swim Team, Mary T Meagher Aquatic Center AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

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	_ PHONE
E-MAIL	
TEAM	TEAM CODE
RECAP OF ENTRIES:	
Individual Events x \$7.50 each COMMLINK	= \$
Individual Events x \$10.00 each WRITTEN	= \$
Swimmers (Facility Fee & KYLSC) x \$14.50 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	



JACK THOMPSON

Our swim meet is named "The Jack Thompson Fall Classic" to honor a man who has been connected with Lakeside swimming for over fifty years. In 1942 he and his wife, Roma, became swimming parents, helping run meets and chaperoning trips. In 1949 he became Manager of Lakeside Swim Club. In 1951 the team had very few swim team members and no money for a coach, and he was asked to assume the responsibility on a part-time basis. Mr. Thompson, better known as "Mr. Lakeside," remained Manager or Assistant Manager of Lakeside until 1980.

During that time he served on the Kentucky High School Committee from 1955 until 1992. Mr. Thompson managed the Kentucky High School swimming championships for fifteen years and the Jefferson County Region Championships from their beginning until 1989.

In 1976 Mr. Thompson started the Lakeside Masters swim Team and in 1980 was instrumental in forming the Local Masters Swim Committee of United States Masters Swimming.

Mr. Thompson was one of fifteen elected to the Dawahare Kentucky High School Athletic Association Hall of Fame in March of 1990 and one of only five elected to the National American Athletic Union Hall of Fame in September of 1990. Many of his swimming credentials helped him receive these honors.