

2023 Cardinal Aquatics Summer Last Chance Meet

Sunday, July 16, 2023

Sanction Held under USA Swimming Sanction KYLC23-CARD02

Location University of Louisville Ralph Wright Natatorium on the Belknap Campus NW Corner of S. Floyd St. and E. Warnock St. (Across from McDonalds) Louisville, KY 40208 Directions can be found at the end of this information sheet or at the University of Louisville web site: [HYPERLINK](http://uoflsports.collegesports.com/genrel/092900aab.html)
<http://uoflsports.collegesports.com/genrel/092900aab.html>

Meet Director: Shannon Grill

Meet Referee: Michele Reichel

Entry Chair: Lesa Boone cardinalaquatics@yahoo.com

COVID

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.

Volunteers We accept any volunteers willing to help time the meet. Volunteers will have free admission into the meet. Cardinal Aquatics welcomes the assistance of any visitor who would like to serve as an official or trainee.

Facilities This indoor pool consists of 8 eight foot wide 50m lanes with a depth ranging from 4 feet 6 inches to 18 feet. Seven lanes will be used for competition and one 50m course lane will be designated as warm-up / cool-down. The lanes are marked by continuous non-turbulent lane lines. KDI Paragon starting blocks are used at the deep end. A fully automatic Daktronics Timing system will be used with touchpads during the meet. The competition course has not been certified in accordance with article 104.2.2C(4).

MEDICAL SUPERVISION: Facility lifeguard staff will be on duty at the meet.

RULES

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.

The use of audio or video recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. 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 Vice President of Program Operations.

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

Athlete Protection Policy: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.

Locker rooms will be available to swimmers only. Coaches, officials and meet workers will use the restrooms in the balcony area and downstairs hallway.

Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium and next to the Natatorium. The University of Louisville controls the parking facility and parking fees (\$5).

Format The meet will run 1 session on Sunday, July 10th.

FINA starting procedures will be used. The No Recall Start Rule will also be enforced during this meet. The use of “fly-over starts” will be at the discretion of the Meet Referee.

Entries Eligibility All current USA Swimming registered athletes. The age of the swimmer on July 14, 2019 will determine the age group for this meet.

Entry Limits Each swimmer may enter a maximum of three individual events. Time trials allowed at conclusion of meet in order of events.

Entry Fee \$7.00 for each individual event \$14.00* for each individual deck entry, ALL manual entries, and time trials * Accepted between 8:30-8:45am. After 8:45am, accepted if space is available. Payable at the meet. Entry fees are non-refundable. No extra heats will be added after 8:45am.

Surcharges \$2.50 per swimmer KYLSC surcharge \$20.00 per swimmer facility surcharge

Make one check payable to: Cardinal Aquatics

Entries The USA Swimming registration number of all entrants must be listed and accompany the entry form. All entries must be in long course meters. Meet referee will accept or reject deck entries. No entrant will be permitted to compete unless the entrant is a member as provided in Article 302 except as provided under article 202.6 or USA Swimming’s “open boarder” policy included in its registration manual.

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

Time Trials Time trials will be available upon request by approval of the meet referee. Time trials are limited to 2 events per swimmer.

Entry Deadline Friday, July 14th ****ALL DECK ENTRIES WILL BE ACCEPTED IF SIGNED UP BETWEEN 8:30-8:45AM ON JULY 16TH. ANY DECK ENTRIES AFTER 8:45AM WILL BE DETERMINED UPON LANE AVAILABILITY. PAYMENT MUST BE MADE AT TIME OF DECK ENTRY.

Email entries to entry chair (cardinalaquatics@yahoo.com) Files must be loadable into Hy-tek Meet Manager using a .cl2 file. An Entry Report will be returned to each team to verify entries.

Check-In All swimmers will check in for all events prior to warm-ups. Clerk of Course NO Clerk of Course will be provided

Scoring No team scores will be kept. Awards No awards will be given. Warm-ups

W-UPS 8:45-9:30AM.... MEET START 9:40AM Teams will be assigned to lanes based on the number of entered swimmers. Smaller teams will need to share lanes. Larger teams should be prepared to divide the warm-up time and space according to need. Team warm-up assignments will be posted prior to warmups. Safety Marshall Safety marshals will be in place for warm-ups and during the meet to insure the safety of the swimmers. Duties will include safe deck practices, traffic flow and diving restrictions during warm-ups.

Hospitality There will be a limited hospitality room open to coaches and officials.

ORDER OF EVENTS

Girls	Event	Boys
1	11&OVER 400 Free	2
3	12&UNDER 200 IM	4
5	13&OVER 200 IM	6
7	12&UNDER 100 Free	8
9	13&OVER 100 Free	10
11	12&UNDER 50 Back	12
13	13&OVER 200 Back	14
15	9-12 100 Breast	16
17	13&OVER 100 Breast	18
19	12&UNDER 50 Fly	20
21	13&OVER 200 Fly	22
23	9-12 100 Back	24
25	13&OVER 100 Back	26
27	12&UNDER 50 Free	28
29	13&OVER 50 Free	30
31	9-12 100 Fly	32
33	13&OVER 100 Fly	34
35	12&UNDER 50 Breast	36
37	13&OVER 200 Breast	38
39	9-12 200 Free	40
41	13&OVER 200 Free	42
43	13&OVER 400 IM	44

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 USA Swimming, Inc., Kentucky Swimming, Inc., Cardinal Aquatics and their staff, and University of Louisville 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 members of USA Swimming as a team, coach, athlete, or administrator and are eligible to compete in all events I/we have entered.

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, KENTUCKY SWIMMING, CARDINAL AQUATICS, INC. AND THE UNIVERSITY OF LOUISVILLE 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

SIGNATURE _____ POSITION _____

ENTRY PERSON _____ EMAIL _____

TEAM _____ TEAM CODE _____

TEAM ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ FAX _____

RECAP OF ENTRIES:

_____ Individual Events X \$7.00 = \$ _____

_____ Total Swimmers Entered for KYLSC Surcharge X \$2.50 = \$ _____

_____ Total Swimmers Entered for Facility Fee X \$20.00 = \$ _____

Total \$ _____

Payment can be made the day of the meet prior to warm ups. Make Checks Payable to Cardinal Aquatics.

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

Driving Directions

From the South (Nashville): Take I-65 North to the first Eastern Parkway Exit. Go right off the ramp and turn left at the first stoplight (Crittenden Dr.). Proceed to the first stop sign and turn left (Warnock St.). Go under the I-65 overpass and turn right at the second stoplight (Floyd St.). Cardinal Park will be on your right and Cardinal Arena will be on your left. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.

From the North (Indianapolis): Take I-65 South to the Arthur Street Exit. Turn right at the first stop sign (Brandeis St.). Turn left at the stoplight (Floyd St.). Cardinal Park will be on your left and Cardinal Arena will be on your right. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.

From the East (Lexington/Cincinnati): Take I-64 West or I-71 South to I-65 South and get off at the Arthur Street Exit. Turn right at the first stop sign (Brandeis St.). Turn left at the stoplight (Floyd St.). Cardinal Park will be on your left and Cardinal Arena will be on your right. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.

From the West (St. Louis): Take I-64 East to I-65 South and get off at the Arthur Street Exit. Turn right at the first stop sign (Brandeis St.). Turn left at the stoplight (Floyd St.). Cardinal Park will be on your left and Cardinal Arena will be on your right. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.