

# The Cumberland Classic

Central Kentucky Aquatics

February 24-26, 2023

Held under USA Swimming Sanction # KY23SC-CKA05

<b>LOCATION:</b>	Russell County Natatorium Complex 2167 S Highway 127, Russell Springs, KY 42642
<b>FACILITY:</b>	The Competitive Indoor Pool is 8 Lanes x 25 Yards. The seating for spectators is 400. The lobby of the Natatorium will be setup for swimmers to utilize during meet. Colorado Timing System will be utilized with an 8 Lane Scoreboard.
<b>POOL MEASUREMENTS:</b>	The competition course <i>has not</i> been certified in accordance with 104.2.2C (4).
<b>WATER DEPTH:</b>	The depth of the pool at the start end is 4 feet 6 inches. The depth at the turn end is 12 feet 6 inches.
<b>MAAPP:</b>	<p>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.</p> <p>Use of audio or visual recording, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms. Such devices being used in these areas are subject to confiscation.</p>
<b>DECK CHANGING:</b>	Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Per USA Swimming Code of Conduct 304.3.7, persons violating this provision are subject to ejection of the facility.
<b>BULLYING</b>	All participants and competitors shall follow the U.S. CENTER for SAFESPORT rules for bullying found on the USA Swimming and Kentucky Swimming web sites. A violation will be grounds for removal of member from the facility.
<b>DRONE USE:</b>	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
<b>MEET DIRECTOR:</b>	Julane Hamon ckaquatic@gmail.com
<b>ENTRY CHAIR:</b>	Joseph Phillips ckaquatic@gmail.com
<b>MEET REFEREE:</b>	Joseph Phillips ckaquatic@gmail.com
<b>SAFETY DIRECTOR:</b>	Joseph Phillips 859-516-1214
<b>MEDICAL AIDE:</b>	AED Device, Standard First Aide Kit
<b>UNSUPERVISED SWIMMERS:</b>	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.

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<b>STARTING TIMES:</b>	Friday:	Session 1	Friday Distance	6:00 pm CST
	Saturday:	Session 2	Saturday 13 & Over	8:00 am CST
		Session 3	Saturday 1000 Free	11:30 am CST
		Session 4	Saturday 12 & Under	1:00 pm CST
	Sunday:	Session 5	Sunday Morning Mile	8:00 am CST
		Session 6	Sunday 13 & Over	10:00 am CST
		Session 7	Sunday 12 & Under	2:00 pm CST

Note: Warmups and Start Times may be modified based on swimmer numbers and Covid Protocol Requirements.

**ENTRY DEADLINE:** The due date for entries is February 17, 2023 @ 8:00pm

**ENTRY FEES:**

Individual events:	\$6.50 per event
Relay events:	\$12.00 per relay
KYLSC Surcharge:	\$2.50 per swimmer
Facility Surcharge:	\$20.00 per swimmer

Make checks payable to Central Kentucky Aquatics.

**ENTRY LIMITATIONS:** Swimmers may enter up to 5 individual events per day. Entries will be taken on a 1<sup>st</sup> come, 1<sup>st</sup> served basis and will close approximately at 250 swimmers per session.

**ENTRIES:** Entries should be submitted in Short Course Yards. Only Hy-Tek electronic entries will be accepted.

**DECK ENTRIES:** Deck entries for swimmers not already in the meet will not be allowed. Deck entries for swimmers already entered in meet will be accepted if there is an open lane. Additional heats will not be added to the meet for deck entries. Deck entry fees are \$10, payable at the time of entry into meet..

**CHECK IN:** Friday Events (200 IM, 400IM, 200 Free, 500 Free) will require a positive check in. Check In Table will be located just inside pool area.

**TIME TRIALS:** Time trials will be allowed based on Meet Referee Discretion. Time trials priority will be 1<sup>st</sup> events of the day, 2<sup>nd</sup> events from previous sessions, 3<sup>rd</sup>, events for future sessions.

**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.

Coaches must be current coach members of USA Swimming and must present credentials upon request.

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 without the use of the backstroke ledge. 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.

**SWIMMERS WITH A DISABILITY:** Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) SWIMMERS WITH A DISABILITY COACH AND MEET REFEREE COMMUNICATION form should be used for communicating with Meet Referee of any special accommodations needed, and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

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- CONDUCT:** The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations. All events will be timed finals.. Heats will be swum slowest to fastest.
- AWARDS:** Awards will be given for Age Group High Points 10 & Under, 11-12, 13-14, 15 & Over Ribbons will be given to 12&U swimmers for Top 6.
- ADMISSION COST:** No Admission will be charged. .
- RESULTS:** Will be posted on [www.KYLSC.org](http://www.KYLSC.org). Teams can be emailed results.
- SAFETY/WARM-UP:** Coaches must maintain contact with their swimmers during warm-up. All entry into the pool for warm-up is feet first from the starting block end of the pool. There is no diving during warm-up, except in designated sprint lanes.
- COACHES:** Coaches must show USA Swimming certification in order to receive their coach's packet, and must wear credentials during the meet.
- OFFICIATING OPPORTUNITY:** Central Kentucky Aquatics welcomes anyone who is a USA Certified Official to aide in officiating the meet. Please utilize the signup for meet officials on during
- TIMERS:** Teams may be asked to provide timers based on swimmers entered per session.  
500 Freestyle Swimmers will be required to provide their own counter.  
1000 & 1650 Freestyle Swimmers will be required to provide their own counter & timer
- HOSPITALITY:** There will be hospitality for coaches and officials throughout the meet.

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## Order of Events

### FRIDAY EVENING

GIRLS	AGE	EVENT	BOYS
1	12 & UNDER	200 IM	2
3	OPEN	400 IM	4
5	10 & UNDER	200 FREE	6
7	OPEN	500 FREE	8

### SATURDAY MORNING

GIRLS	AGE	EVENT	BOYS
9	OPEN	200 IM	10
11	OPEN	100 FREE	12
13	OPEN	200 BACK	14
15	OPEN	100 BREAST	16
17	OPEN	200 FLY	18
19	OPEN	400 FREE RELAY	20

### SATURDAY DISTANCE

GIRLS	AGE	EVENT	BOYS
21	OPEN	1000 FREE	22

### SATURDAY AFTERNOON

GIRLS	AGE	EVENT	BOYS
23	12 & UNDER	100 FLY	24
25	8 & UNDER	25 FLY	26
27	12 & UNDER	50 FREE	28
29	12 & UNDER	50 BREAST	30
31	12 & UNDER	100 BACK	32
33	8 & UNDER	25 BACK	34
35	12 & UNDER	200 FREE	36
37	12 & UNDER	200 FREE RELAY	38

### SUNDAY MILE

GIRLS	AGE	EVENT	BOYS
39	OPEN	1650 FREE	40

### SUNDAY MORNING

GIRLS	AGE	EVENT	BOYS
41	OPEN	200 FREE	42
43	OPEN	100 BACK	44
45	OPEN	200 BREAST	46
47	OPEN	50 FREE	48
49	OPEN	100 FLY	50
51	OPEN	400 MEDLEY RELAY	52

### SUNDAY AFTERNOON

GIRLS	AGE	EVENT	BOYS
53	12 & UNDER	100 IM	54
55	12 & UNDER	100 FREE	56
57	8 & UNDER	25 FREE	58
59	12 & UNDER	50 FLY	60
61	12 & UNDER	100 BREAST	62
63	8 & UNDER	25 BREAST	64
65	12 & UNDER	50 BACK	66
67	12 & UNDER	200 MEDLEY RELAY	68

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## ENTRY / WAIVER FORM

**THIS PAGE MUST BE COMPLETED AND RETURNED BY THE START OF THE MEET FOR THE TEAM'S ENTRY TO BE ACCEPTED.**

WAIVER: I / we hereby, for myself / ourselves, my / our heirs, administrators, assignees, and swimmers waive and release from any and all liabilities and claims against USA Swimming, Inc., Kentucky Swimming, Inc., the RCHS Natatorium and staff, and Central Kentucky Aquatics, Inc. for injuries and / or expenses incurred by me / us at the meet and / or while traveling to and from the meet.

I VERIFY THAT EVERY SWIMMER LISTED ON THE ENCLOSED ENTRY FORM IS A CURRENT REGISTERED ATHLETE MEMBER OF USA SWIMMING AND THAT EVERY COACH REPRESENTING OUR TEAM AT THIS MEET WILL BE A CURRENT COACH MEMBER OF USA SWIMMING IN GOOD STANDING.

SIGNATURE \_\_\_\_\_ TITLE \_\_\_\_\_

COACH'S EMAIL \_\_\_\_\_

ENTRY CHAIR'S EMAIL \_\_\_\_\_

TEAM \_\_\_\_\_ CLUB CODE \_\_\_\_\_ PHONE \_\_\_\_\_

### ENTRY SUMMARY

_____	Individual Entries x \$ 6.50 (\$0.35 KYLSC splash fee)	=	\$ _____
_____	Relay Entries x \$ 12.00 (\$0.35 KYLSC splash fee)	=	\$ _____
_____	Swimmers Entered (Facility Surcharge) x \$ 20.00	=	\$ _____
_____	Swimmers Entered (KYLSC Surcharge) x \$ 2.50	=	\$ _____
	<b>TOTAL</b>	=	\$ _____

Please make checks payable to: Central Kentucky Aquatics, Inc.

**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**

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## SWIMMERS WITH A DISABILITY COACH AND MEET REFEREE COMMUNICATION

TEAM \_\_\_\_\_

CLUB CODE \_\_\_\_\_

COACH'S NAME \_\_\_\_\_

COACH'S EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

Swimmer	Age Group	Event	Session	Necessary Accomodation

Examples of Necessary Accommodations (but not limited to)

- Take longer to get to blocks
- In the water start
- Have an assistant at the block
- Longer to get out of the pool
- Ask to see if a mat can be placed at lane getting in and out of the pool
- 1 layer of towel on the blocks at the start
- Hand signals for the start
- Any stroke movement(s) that are different from technical rules & regulations of USA-S swimming

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## **LODGING OPTIONS IN RUSSELL SPRINGS AREA**

### **TIMBER POINTE RESORT**

**2671 S Highway 92**

**Jamestown, KY 42629**

**270-343-2267**

### **SAFE HARBOR JAMESTOWN RESORT & MARINA**

**3677 South Highway 92 East**

**Jamestown, Kentucky 42629**

**270-285-0444**

### **SLEEP INN & SUITES**

**350 Dohoney Trace**

**Columbia, KY 42728**

**270-380-1200**

### **BEST WESTERN**

**710 Bomar Hts**

**Columbia, KY 42728**

**270-384-9744**

### **HOLIDAY INN EXPRESS & SUITES**

**50 Stevie Lynn Drive**

**Somerset, KY 42503**

**606-425-4444**

### **QUALITY INN & SUITES**

**2440 N Highway 27**

**Somerset, KY 42501**

**606-678-2023**

### **HAMPTON INN**

**4141 S Highway 27**

**Somerset, KY 42501**

**606-676-8855**

### **COURTYARD by Marriott**

**2254 South Highway 27**

**Somerset, KY 42501**

**606-679-0090**

### **COMFORT INN**

**82 Jolin Drive**

**Somerset, KY 42503**

**606-485-2363**