

The Premier
Central Kentucky Aquatics
January 28, 2023
Held under USA Swimming Sanction # KY23SC-CKA03

LOCATION:	Russell County Natatorium Complex 2167 S Highway 127, Russell Springs, KY 42642
FACILITY:	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.
POOL MEASUREMENTS:	The competition course <i>has not</i> been certified in accordance with 104.2.2C (4).
WATER DEPTH:	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.
MAAPP:	<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> <p>Locker rooms and bathrooms accessible from the pool deck are only for 17 & Under Athletes. Athletes 18 & Over must utilize the bathrooms off the lobby opposite of the pool deck entry.</p>
DECK CHANGING:	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.
BULLYING	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.
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 DIRECTOR:	Julane Hamon ckaquatic@gmail.com
ENTRY CHAIR:	Joseph Phillips ckaquatic@gmail.com
MEET REFEREE:	Joseph Phillips ckaquatic@gmail.com
SAFETY DIRECTOR:	Joseph Phillips 859-516-1214
MEDICAL AIDE:	AED Device, Standard First Aide Kit
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.

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STARTING TIMES: Warmups: 8:00am CST Meet: 9:15am CST

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

ENTRY DEADLINE: The due date for entries is January 22, 2023 at NOON EST

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 1st come, 1st 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. Team Waiver & Payment should be provided to Admin Table upon arrival to the meet.

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: All events will be preseeded.

TIME TRIALS: Time Trials will be available at the end of the session based on Meet Referee discretion.

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.

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.

ADMISSION COST: No Admission will be charged. .

RESULTS: Will be posted on www.KYLSC.org. Teams can be emailed results.

SAFETY/WARM-UP: Coaches must maintain contact with their swimmers during warm-up. All entry into

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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 to receive their coach's packet.

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 Kentucky Swimming website, or contact the meet referee.

TIMERS:

Teams may be asked to provide timers based on swimmers entered per session.

HOSPITALITY:

There will be hospitality for coaches and officials throughout the meet.

Order of Events

EVENT NUMBER	GENDER	EVENT DETAIL
1	MIXED	12 & UNDER 100 FREE RELAY
2	MIXED	13 & OVER 200 FREE RELAY
3	MIXED	50 BUTTERFLY
4	MIXED	25 BUTTERFLY
5	MIXED	100 INDIVIDUAL MEDLEY
6	MIXED	50 BACKSTROKE
7	MIXED	25 BACKSTROKE
8	MIXED	200 INDIVIDUAL MEDLEY
9	MIXED	50 BREASTSTROKE
10	MIXED	25 BREASTSTROKE
11	MIXED	400 INDIVIDUAL MEDLEY
12	MIXED	50 FREESTYLE
13	MIXED	25 FREESTYLE
14	MIXED	500 FREESTYLE
15	MIXED	12 & UNDER 100 MEDLEY RELAY
16	MIXED	13 & OVER 200 MEDLEY RELAY

ENTRY / WAIVER FORM

The Premier

Central Kentucky Aquatics

January 28, 2023

Held under USA Swimming Sanction # KY23SC-CKA03

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	=	\$ _____
	TOTAL	=	\$ _____

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
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SWIMMERS WITH A DISABILITY COACH AND MEET REFEREE COMMUNICATION

The Premier

Central Kentucky Aquatics

January 28, 2023

Held under USA Swimming Sanction # KY23SC-CKA03

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

LODGING OPTIONS IN RUSSELL SPRINGS AREA

TIMBER POINTE RESORT
2671 S Highway 92

The Premier

Central Kentucky Aquatics

January 28, 2023

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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