



THE SEAHAWK “DARE TO CARE” WINTER INVITATIONAL February 10-12, 2023

SANCTION: KYSC23-LAK04 This meet is sanctioned by USA Swimming and Kentucky Swimming

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.

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 The Meet Referee has the right to ask for coach credential and deny access if coaches do not comply or the card is no longer valid/current.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.

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

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

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, February 10, 2023.



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MEET SCHEDULE – Meet host reserves the right to adjust schedule based on entries and timelines, below are expected times only:

Friday PM Session
Warm-up @ 4:00 – 4:50pm Meet Starts @ 5:00pm

Saturday AM Session
Warm-up @ 7:00 – 7:50am Meet Starts @ 8:00am

Saturday Mid-Day Session (8-under)
Warm-up will be announced/posted after all meet entries are received.
Target warm-up time is 11:30 AM.

Saturday PM Session
Warm-up will be announced/posted after all meet entries are received.
Target warm-up time is 1:30 PM.

Sunday AM Session
Warm-up @ 7:00 – 7:50am Meet Starts @ 8:00am

Sunday PM Session
Warm-up will be announced/posted after all meet entries are received.
Target warm-up time is 11:30 AM

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
lksmeetmanager@gmail.com

MEET REFEREE: Ken Coulter
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.

Awards will not be mailed

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

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



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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 \$20.00 per event.

ENTRY FEES:

\$7.50 Commlink entry per individual event

\$10.00 written entry per individual event

\$12.00 per relay event

\$2.50 per swimmer KYLSC surcharge

\$15.00 per swimmer Facility Fee

ENTRY PROCEDURE: The entry deadline is Monday, January 30, 2023

Please submit Entry file by e-mail to deboor@lakesideseahawks.org. 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 two individual events on Friday and six individual events per day on Saturday and Sunday. If a swimmer is entered in more than maximum number of 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.

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.

MEET FORMAT: Pre-seeded, timed finals meet for 8-under, 9-10, 11-12, 13-14 and Open swimmers.

The 11-12 500 Free, 13-14 400 IM, 500 Free and the Senior 400 IM, 500 Freestyle will be deck seeded. These events will be limited to a maximum of three (3) heats per event. The Open 1000 Free will be limited to a maximum of 6 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. **1000 Free swimmers will be required to provide their own timers and counters.**

SPECIAL NOTE: *For 12-under 200 Fly, 200 Back and 200 Breast please enter with the swimmers 100 time of that stroke and the event will be seeded based on the 100 time.*

RELAYS: Relay cards will be provided to coaches in their packets. Relay cards are due 45 minutes prior to the start of the session.



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ORDER OF EVENTS

Friday, February 11

Warm-up: 4:00 pm Meet Start: 5:00 pm

12-u 200 Back, 200 Breast & 200 Fly please enter with a 100 time of that stroke

Girls Event #	Event	Boys Event #
1	12-under 200 Back	2
3	13-14 500 Free	4
5	12-under 200 Breast	6
7	Open 500 Free	8
9	12-under 200 Fly	10
11	13-14 200 IM	12
13	Open 200 IM	14
15	11-12 200 IM	16

Saturday AM, February 12

Warm-up: 7:00 am Meet Start: 8:00 am

Girls Event #	Event	Boys Event #
17	13-14 200 Breast	18
19	Open 200 Breast	20
21	13-14 100 Fly	22
23	Open 100 Fly	24
25	13-14 100 Free	26
27	Open 100 Free	28
29	13-14 200 Back	30
31	Open 200 Back	32
33	13-14 400 IM	34
35	Open 400 IM	36

Sunday AM, February 13

Warm-up: 7:00 am Meet Start: 8:00 am

1000 FR swimmers are required to provide their timers & counter.

Girls Event #	Event	Boys Event #
71	Open 200 Free	72
73	13-14 200 Free	74
75	Open 100 Back	76
77	13-14 100 Back	78
79	Open 200 Fly	80
81	13-14 200 Fly	82
83	Open 100 Breast	84
85	13-14 100 Breast	86
87	Open 50 Free	88
89	13-14 50 Free	90
91	Open 1000 Free	92



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Saturday Mid-Day, February 12

Warm-up: Approx 11:30 am Meet Start: Approx 12:15 pm

Girls Event #	Event	Boys Event #
37	8-under 50 Fly	38
39	8-under 50 Back	40
41	8-under 50 Breast	42
43	8-under 50 Free	44
45	8-under 100 IM	46

Saturday PM, February 12

Warm-up: Approx 1:30 pm

Meet Start: Approx 2:30 pm

Sunday PM, February 13

Warm-up: Approx 11:30 am

Meet Start: Approx 12:30 am

Girls Event #	Event	Boys Event #
47	9-10 200 Free Relay	48
49	11-12 200 Free Relay	50
51	9-10 50 Fly	52
53	11-12 50 Fly	54
55	9-10 100 Breast	56
57	11-12 100 Breast	58
59	9-10 50 Free	60
61	11-12 50 Free	62
63	9-10 100 Back	64
65	11-12 100 Back	66
67	9-10 200 IM	68
69	11-12 500 Free	70

Girls Event #	Event	Boys Event #
93	10-under 200 Medley Relay	94
95	11-12 200 Medley Relay	96
97	10-under 100 Free	98
99	11-12 100 Free	100
101	10-under 100 Fly	102
103	11-12 100 Fly	104
105	10-under 50 Back	106
107	11-12 50 Back	108
109	10-under 50 Breast	110
111	11-12 50 Breast	112
113	10-under 200 Free	114
115	11-12 200 Free	116



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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.

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.

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, Louisville Seahawks, INC. AND MTM 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.

SIGNATURE _____ POSITION _____

ENTRY PERSON _____

E-MAIL _____

TEAM _____ TEAM CODE _____

TEAM ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ FAX _____

RECAP OF ENTRIES:

_____ Individual Events x \$7.50 each COMMLINK	= \$ _____
_____ Individual Events x \$10.00 each WRITTEN	= \$ _____
_____ Relay Events x \$12.00	= \$ _____
_____ Swimmers (Facility Fee & KYLSC) x \$17.50 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