



Lakeside *"The Future is Bright"* Championships March 25, 2023

IMPORTANT: This meet, based on number of entries, may add Friday, March 24, 2023 OR Sunday, March 26, 2023 to create acceptable session length.

SANCTION: KYSC23-LAK05 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 The Meet Referee has the right to ask for coach credential and deny access if coaches do not comply or the card is no longer valid/current.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, March 25, 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:

Saturday AM Session - 12-under and Open
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 12:00 PM.

Meet host reserves the right to adjust sessions based on entries and timelines. Below are potential additional sessions, only one additional session will be added.

Friday PM Session
Target Warm-up @ 4:00 – 4:50pm Meet Starts @ 5:00pm
Saturday PM Session
Warm-up will be announced/posted after all meet entries are received.
Target warm-up time is 3:00 PM.
Sunday AM Session
Target Warm-up @ 7:00 – 7:50am Meet Starts @ 8:00am

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 officials@lakesideseahawks.org

ENTRY CHAIR: Mike DeBoor deboor@lakesideseahawks.org

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

AWARDS: 8-under awards TBD, no awards for 9 and over

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

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



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ENTRY PROCEDURE: The entry deadline is Monday, March 13, 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 300 swimmers. Swimmers may compete in five individual events per day. 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.

TIME STANDARDS: This meet is intended for non-State Meet swimmers, there should be no swimmers in an event they have the KY State Meet time in.

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.**

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

Saturday AM, March 25

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
1	Open 500 Free	2
3	12-under 200 Free	4
5	Open 100 Breast	6
7	12-under 50 Breast	8
9	Open 50 Free	10
11	12-under 50 Free	12
13	Open 200 Back	14
15	12-under 100 Back	16
17	Open 400 IM	18
19	12-under 200 IM	20
21	Open 100 Free	22
23	12-under 100 Free	24
25	Open 100 Fly	26
27	12-under 50 Fly	28
29	Open 200 Breast	30
31	12-under 100 Breast	32
33	Open 200 Free	34
35	9-10 100 IM	36
37	Open 100 Back	38
39	12-under 50 Back	40
41	Open 200 Fly	42
43	12-under 100 Fly	44
45	11-12 500 Free	46
47	Open 1000 Free	48



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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