



## 2024 KENTUCKY SWIMMING LONG COURSE STATE CHAMPIONSHIP

JULY 18-21, 2024

Sponsored BY WESBANCO, SWIMVILLE USA & SPEEDO

<b>SANCTION</b>	Sanction of USA Swimming, Inc., issued by Kentucky Swimming, Inc. Sanction: KYLCSTATE2401 Time Trial Sanction: KYLCSTATE2401TT		
<b>FORMAT</b>	The Kentucky Swimming Championship Meets are closed KYLSC swim meets. Any KYLSC-USA SWIMMING athlete member (in good standing) may participate provided that the member(s) meets the event eligibility requirement for the given meet.		
<b>HOST</b>	Kentucky Swimming, Inc.	<b>HOME TEAM</b>	Elizabethtown Dolphins
<b>MEET ADMINISTRATION</b>			
<b>MEET DIRECTOR</b>		<b>ENTRY CHAIR</b>	
Kristi Wright: <a href="mailto:kristi.wright151@gmail.com">kristi.wright151@gmail.com</a>		<a href="mailto:entries@kylsc.org">entries@kylsc.org</a>	
<b>12&amp;UNDER MEET REFEREE</b>		<b>13&amp;OVER MEET REFEREE</b>	
		Joseph Phillips: <a href="mailto:joetheengineer7@gmail.com">joetheengineer7@gmail.com</a>	
<b>FACILITY</b>	<p>Elizabethtown Swim &amp; Fitness Center, 3026 Ring Road, Elizabethtown, KY 42701 Take Exit 94 off I-65 • proceed West on US 62 (Mulberry St.) Turn right ¼ mile on to Dolphin Dr. or Ring Rd. <a href="http://www.touretown.com">http://www.touretown.com</a></p> <p>8-lane, 50-meter pool with non-turbulent dividers, fully automatic timing, 8-lane digital scoreboard, Paragon starting blocks, 25-yard warm-up pool, and computerized scoring. The competition course has been certified in accordance with USA Swimming Rule 104.2.2(C). A copy of the certificate has been filed with USA Swimming. The water depth is 4ft. from the patio end of the pool to 14ft. in depth at the diving well end of the pool.</p>		
<b>USAS SAFESPORT</b>	<p>Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.</p> <p>All adult participants 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>MAAPP policy best practices will govern the conduct of this meet.</p> <p>For athlete protection, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, behind the starting blocks, rest rooms or locker rooms. Such devices being used in these restricted areas will be subject to confiscation.</p> <p>Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Per USA Swimming Rulebook 202.6.6F, persons violating this provision are subject to ejection from the facility.</p> <p>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</p>		
<b>RESTROOMS</b>	<p>The locker rooms beneath the main building will be for 17&amp;Unders and parents. The bathroom inside the basketball gym will be for coaches, officials, and 18+ swimmers.</p> <p style="text-align: center;"><b>MEET MARSHALLS WILL BE ENFORCING THESE RULES. ANYONE WHO DISREGARDS THE FACILITY RULES IS SUBJECT TO REMOVAL.</b></p>		
<b>ATHLETES 18 &amp; OVER</b>	<p>To be a USA Swimming registered member in good standing, <u>all athletes aged 18 and older must complete Athlete Protection Training.</u> Any athlete who turns 18 on or before July 18, 2024, who has not completed the Athlete Protection Training course by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed.</p>		



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	<p>Times achieved by an athlete who turns age 18 on or before July 18, 2024, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.</p> <p>Athletes must login to their USA Swimming account, access their EDUCATION Course Catalog, and take the Athlete Protection Training Core Course. Do NOT take the Athlete Protection for Adult Athletes course.</p>
<b>BULLYING</b>	All participants and competitors shall follow the U.S. CENTER for SAFESPORT rules for bullying. Violations will be grounds for removal of member from the facility.
<b>SAFETY GUIDELINES</b>	<ol style="list-style-type: none"> <li>1. Spectators will be allowed on deck to access spectator seating only.</li> <li>2. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures.</li> <li>3. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.</li> <li>4. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.</li> <li>5. Coaches shall actively supervise their swimmers throughout the warm-up session.</li> <li>6. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.</li> <li>7. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.</li> </ol> <p><b>Appointed safety marshals have the authority to remove from the deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety guidelines or warm-up procedures.</b></p> <p style="text-align: center;">THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.</p>
<b>SAFETY MARSHALS</b>	Safety marshals will be in place for warm-ups and during the meet to ensure the safety of the swimmers. Duties will include safe deck practices, restroom monitoring, traffic flow and diving restrictions/safety during warm-ups.
<b>MEDICAL ASSISTANCE</b>	Lifeguards will be on duty. There is an AED located on site. In case of emergencies, doctors will be on site during the meet.
<b>FACILITY NOTES</b>	<p>Please convey the following information to your swimmers and parents:</p> <ol style="list-style-type: none"> <li>1. Radios, noisemakers or anything else that might cause inconvenience to swimmers, coaches, officials, workers or spectators are prohibited in the pool area.</li> <li>2. Walkie-talkies are prohibited inside the Swim and Fitness Center as their use interferes with the headsets used by our officials.</li> <li>3. Flash photography is prohibited during the start of heats.</li> <li>4. The entrance to the swim meet will only be at the back of the pool. There will be no entry to the pool from the front of the Fitness Center.</li> <li>5. No alcoholic beverages or smoking is permitted on or around the Fitness Center property.</li> <li>6. There will be 4 lanes open for warm-up/down in the 25 YD pool. The other half of the pool will be open to members of the Fitness Center.</li> <li>7. The locker rooms and facility property will be patrolled at all times. If anyone is caught abusing the building or facilities, they will be removed from the premises and barred from any further swimming at the meet.</li> <li>8. If the meet is delayed due to weather, swimmers may enter the gym area with their equipment. The swimmers must remain seated in the gym. No running, playing basketball or horseplay will be tolerated.</li> <li>9. Your usage is to include the 50 M pool and half of the 25 YD warm up pool for swim meet participants only. The baby pool and playground are for members only.</li> <li>10. Please enter and exit from the back gate and/or the VIP parking lot only! DO NOT CUT THROUGH THE BUILDING!! No horseplay or inappropriate behavior is allowed in the locker rooms. The hot tub and fitness areas are <b>not</b> available to non-members.</li> <li>11. Please park in the appropriate areas to avoid your car being towed. See attached parking map at the end of this meet information and the Etown Dolphins website.</li> </ol>
<b>PARKING</b>	See map for parking.



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<b>ADMISSION</b>	No admission fees
<b>HEAT SHEETS</b>	Available through Meet Mobile
<b>HOSPITALITY</b>	Hospitality will be offered for coaches and officials during the meet.
<b>FORMAT</b>	
	<p>All Relay Events will be swum as Timed-Final events.</p> <p>All 10&amp;U events will be swum as Timed-Final events.</p> <p>All 11-12 events will be swum as Preliminary / Finals. The top 8 swimmers in Prelims will compete in finals except for the following:</p> <ul style="list-style-type: none"> <li>· 400 Freestyle will be swum as Timed-Final event with the fastest 8 competing at Finals.</li> <li>· 200 Backstroke, Breaststroke and Butterfly will be swum as timed final with fastest 8 competing at Finals.</li> <li>· There is not an option to swim in the morning if in the top eight.</li> </ul> <p>All 13&amp;Over and Open events will be swum as Preliminary / Finals. The top 16 swimmers in Prelims will compete in A and B finals except for the following:</p> <ul style="list-style-type: none"> <li>· 800 M Freestyle will be swum as a Timed-Final event with the fastest 8 competing at Finals.</li> <li>· Top 8 swimmers in the 800 M Freestyle will have the option to swim in the morning – see entry instructions.</li> <li>· 800 M Freestyle Finals Mens and Womens heats may be combined at the discretion of the Meet Referee</li> <li>· 1500 M Freestyle will be swum as a Timed-Final event.</li> </ul> <p>In the 800 and 1500 M events, the 13-14 and Open age groups will be swum as combined events and scored separately.</p> <p>Fly over starts may be used during the preliminary sessions.</p> <p>All Individual Events 400 M and over will be deck-seeded and will require positive check-in. All other events will be pre-seeded.</p> <p><i>Please see the Check-In Procedure for all events</i></p>
<b>SWIMMERS WITH A DISABILITY</b>	
<b>SWAD</b>	All swimmers with a disability (SWADS) must satisfy the definition of a disability as outlined in the USA Swimming Rules and Regulations, Article 105.1.1
<b>TIME STANDARDS</b>	USAS PARA SWIMMING Motivational Time Standards for an LSC will be used and can be found at kylsc.org, on the event page and under the Times & Awards drop-down menu.
<b>FINALS</b>	Swimmers with a disability will compete in prelims with able-bodied athletes. They may have a separate single championship heat at finals that will be contested prior to the able-bodied Championship heat.
<b>ENTRIES</b>	<p>Coaches entering swimmers with disabilities that require any accommodations or modifications, including the need for personal assistants and/or registered service animals, or preferences for seeding or lane placement, must provide advance notice in writing, accompanying their meet entry file, to the Meet Referee by the entry deadline.</p> <p>Accommodation requests for swimmers with disabilities should be submitted on the attached “Swimmers with a Disability Coach and Meet Referee Communication” form.</p> <p>Entries for swimmers with a disability should be handled in the following manner:</p> <ol style="list-style-type: none"> <li>1. Enter the swimmer in the Hy-Tek database (or in the regular entry form);</li> <li>2. List in the email accompanying the Hy-Tek entry file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and</li> <li>3. Provide any information about special accommodations needed by the swimmer using the</li> </ol>



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	<p>Swimmers with a Disability Coach and Meet Referee Communication form (see page 14). It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability related accommodations he/she may need to compete. This information must be given in advance of the meet by the entry deadline. Failure to provide advance notice may limit the meet referee's ability to accommodate any requests.</p>		
<b>SCORING AND AWARDS</b>			
<b>SCORING</b>	<p>Individual Events: 16 places - 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1            Relay Events: 16 places - 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</p> <p>Points will not be awarded for any result unless that result meets or is faster than the Qualifying Time for the event.</p>		
<b>AWARDS</b>	<p>Championship Medals for 1st through 8th place (individual and relay events)            Championship Ribbons for 9th through 16th place</p> <p>High Point Awards to the 1st, 2nd and 3rd place female and male individual in each age group. High point calculations will be calculated using each athlete's best seven events.</p> <p>12&amp;U awards earned by place (medals/ribbons) will be awarded regardless of time achieved.</p> <p>1st, 2nd and 3rd place for combined 12&amp;U and 13&amp;O team scores will be awarded.            The first-place team will receive the traveling trophy.</p>		
<b>AWARDS CEREMONIES</b>	<p>The procedure for awards recognition will be explained at the coaches' meeting.</p>		
<b>WARM-UPS &amp; SCHEDULE</b>			
<b>WARM-UP ASSIGNMENTS</b>	<p>The complete schedule will be established when all entries have been received and a timeline developed. This will be published on the meet website and emailed to the coaches of participating teams after entries close.</p> <p>Teams will be assigned to lanes for prelim warmups 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.</p> <p><b>For the safety of all swimmers, all warm-up lanes (assigned and open) will always swim in a counterclockwise direction. Diving is not permitted in any warmup lanes other than those designated for starts.</b></p>		
<b>WARM-UP SCHEDULE</b>	<b>SESSION</b>	<b>WARMUPS</b>	<b>COMPETITION</b>
	1 Thursday Morning 13&O Prelims	TBA	Competition starts at 8:00 AM
	2 Thursday Midday – 13&O Mile	TBA	TBA
	3 Thursday Evening Finals	Warm-ups begin 4:00 PM	Competition starts at 5:00 PM
	4 Friday Morning 13&O Prelims	TBA	Competition starts at 8:00 AM
	5 Friday Midday 10&U Finals / 12&U Prelims	TBA	TBA
	6 Friday Evening Finals	Warm-ups begin 4:00 PM	Competition starts at 5:00 PM
	7 Saturday Morning 13&O Prelims	TBA	Competition starts at 8:00 AM
	8 Saturday Midday 10&U Finals / 12&U Prelims	TBA	TBA
	9 Saturday Evening Finals	Warm-ups begin 4:00 PM	Competition starts at 5:00 PM
	10 Sunday Morning 13&O Prelims	TBA	Competition starts at 8:00 AM
	11 Sunday Midday 10&U Finals / 12&U Prelims	TBA	TBA
	12 Sunday Evening Finals	Warm-ups begin 4:00 PM	Competition starts at 5:00 PM
<b>COOL DOWN</b>	<p>Cool-down lanes will be provided during all sessions. Coaches are responsible for advising their swimmers to exercise caution in the cool-down lanes to avoid causing injury to themselves and others. Swimmers engaging in dangerous conduct in the cool-down lanes may be subject to being barred from events at the discretion of the meet referee.</p>		



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<b>COACHES MEETING</b>	A mandatory coaches' meeting will be held on <b>Friday morning at 7:50 AM EST.</b>
<b>ELIGIBILITY</b>	
<b>QUALIFYING PERIOD</b>	Qualification for any Individual event with a declared time standard determining eligibility for participation therein, will be determined by the athlete's best official time during the respective Qualifying Period: 1st day of the prior year's Southern Zone Eastern Sectional Summer Meet, July 13th, 2023, through July 14th, 2024.
<b>AGE AT MEET</b>	The age of the athlete on the first day of the meet, July 18, 2024, shall be used to determine event eligibility.
<b>RULES</b>	The meet will be conducted in accordance with the current USA Swimming Rules and Regulations, and Kentucky Swimming Policy and Rule Handbook, except where rules therein are optional, and exceptions are stated herein. World Aquatics starting procedures will be used. The World Aquatics system, approved by USA Swimming, uses a series of whistles followed by a one-whistle announcement for swimmers. The No Recall Start Rule will also be enforced during this meet.
<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.
<b>RACING START CERTIFICATION</b>	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.
<b>TIME STANDARDS</b>	
<b>TIME STANDARDS</b>	Time Standards can be found at <a href="http://kylsc.org">kylsc.org</a> , on the event page and under Times & Awards drop-down menu.  With the exception for the 800 M and 1500 M freestyle events, participation in an individual event is restricted to those swimmers who have met or swam faster than the listed time standard for: <ol style="list-style-type: none"> <li>1. the LCM for the event OR,</li> <li>2. the SCM for the event OR,</li> <li>3. the SCY for the event during the qualifying period.</li> </ol>
<b>800 &amp; 1500 M EVENTS</b>	For the 800 M and 1500 M freestyle events, participation is restricted to those swimmers who have met or swam faster than the time standard for: <ol style="list-style-type: none"> <li>1. 800 LCM freestyle OR,</li> <li>2. 800 SCM freestyle OR,</li> <li>3. 1000 SCY freestyle OR,</li> <li>4. 1500 LCM freestyle OR,</li> <li>5. 1500 SCM freestyle OR,</li> <li>6. 1650 SCY freestyle, during the Qualifying Period.</li> </ol>
<b>BONUS EVENTS</b>	<ol style="list-style-type: none"> <li>1. Eligible swimmers with one state cut are eligible for two bonus events.</li> <li>2. Eligible swimmers with two state cuts are eligible for one bonus event.</li> <li>3. Eligible swimmers with three state cuts or more are not eligible for bonus events.</li> <li>4. Bonus events may not be longer than 200 meters.</li> </ol>
<b>RELAY TIME</b>	There are no time standards for relays.
<b>ENTRIES</b>	
<b>ENTRY DEADLINE</b>	Entries <b>MUST BE SUBMITTED</b> electronically (HY-Tek or SDIF) no later than <b>Monday, July 15, 2024, Noon.</b>



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	<p>All times listed are in Eastern Time Zone.</p> <p>800M Freestyle: Coaches <u>MUST</u> specify AM or PM for <u>ALL</u> 800M entries. When submitting entries in the body of their email, coaches must list their 800M entries and specify AM or PM for each athlete. Coaches will be sent an entry list identifying the top eight competing in the finals session.</p> <p>As a confirmation of their team’s entries, coaches will receive a team entry report by noon <b>Tuesday, July 16, 2024.</b></p> <p>Coaches have until the psych sheet is published/posted (not before noon on the day prior to the start of the meet) to make changes to their entries. After that time, entries will be considered Late Entries (see Late Entries section).</p> <p>All swimmers’ USAS memberships will be verified against swims, the USA Swimming’s membership database of registered athletes.</p> <p>NOTE: If a Team does not use Hy-Tek’s Team Manager or equivalent, then Win TM II Lite, downloadable free of charge from Hy-Tek’s website, should be used to prepare entries.</p>
<b>RELAY ENTRIES</b>	<p>A RELAY-ONLY SWIMMER MUST BE ENTERED IN A LEAST ONE RELAY TO BE ENTERED IN THE MEET. The sole purpose of this requirement is to enter the relay only swimmer in the meet.</p> <p>If a swimmer competes on a relay and was not entered in the meet, the relay will be disqualified and a \$100 fine for each infraction will be billed to their team. No swimmers will be added to the meet after the start of the meet.</p> <p>Each relay must consist of at least two members who have achieved an individual championship standard and who have been entered into the meet in at least one individual event. Failure to do so will result in the relay being disqualified.</p> <p>Mixed Gender Relays must consist of two female and two male athletes.</p> <p>To facilitate the running of the meet, coaches are REQUIRED to include relay names on their electronic entries. Coaches will still have the right to make changes up to the start of the race providing it meets the relay entry requirements.</p>
<b>ENTRY INSTRUCTIONS for BONUS EVENTS LESS THAN 200 METERS</b>	<p>Swimmers must be entered in the event in which they achieved an eligible time.</p> <p>A provable entry time is REQUIRED using a time from a USAS sanctioned, approved or observed meet.</p> <p>Team Manager users shall check the BONUS box when entering a bonus event in the TM file.</p>
<b>ENTRY LIMITS</b>	<p><b>12&amp;Under</b> Swimmers may enter a maximum of (9) nine individual events for the meet. Swimmers may enter (3) three individual events and (1) one relay event per session.</p> <p><b>13&amp;Over</b> Swimmers may enter (9) nine individual events for the meet. Swimmers may enter three (3) eligible individual events and (1) one relay event per session.</p> <p>Teams will be limited to two (2) relays per relay event.</p> <p>Swimmers can be aged up onto an Open relay but may not swim in more than one relay event category, i.e., if entered in the 11-12 200 free relay, the swimmer may not swim in the Open 200 free relay.</p>
<b>PROOF OF TIME</b>	<p>Results used to prove time must be from USA sanctioned, observed or approved competitions. Competition must take place during the Qualifying Period for this meet. Each individual entry Seed Time will be verified. It is the coaches’ responsibility to make sure that their athletes’ times are entered in the SWIMS database and are correct official times. Proof of Seed Time must be furnished when requested by the Entry Chair.</p> <p>All late entries must have validated times prior to entry into the meet.</p>



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<b>FEES &amp; PAYMENT</b>	
<b>ENTRY FEES &amp; SURCHARGES</b>	<p>\$7.00 for each individual event. (5.00 entry fee + \$2.00 KYLSC Splash Fee).            \$14.00 for each relay event (\$10.00 entry fee + \$4.00 KYLSC Splash Fee).            \$3.50 per swimmer KYLSC Surcharge.            \$25.00 per swimmer Facility Surcharge.            There will be no refund of entry fees.</p>
<b>PAYMENT</b>	<p>A hard copy listing of team entries, a signed Summary/Waiver form (see page 13), and a check for all entry fees must be submitted before the coaches meeting on the first day of the meet. Failure to pay before the coaches meeting may result in swimmers not being able to participate.            Make checks payable to E'town Dolphins.</p>
<b>LATE ENTRIES</b>	
<b>LATE ENTRIES</b>	<p>Late entry requests will be sent to the entry chair at <a href="mailto:entries@kylsc.org">entries@kylsc.org</a>.</p> <p>Provided that the entry has a provable time, any entry received after the Entry Deadline, <b>July 15</b>, may be accepted up until the psych sheet is posted, <b>July 17</b>.            Late entry requests made after the psych sheet is posted will be approved at the Meet Referee's discretion and only if there are available lanes.</p> <p>Late entries or changes will be sent within the body of an email including the following:            Athlete's Name, Event, Age Group and Entry Time.</p> <p>Any entries submitted after the Entry Deadline will be subject to a fine as described below:            Adding a swimmer- double the surcharge per athlete            Adding an event to a swimmer's entries – double the event splash fee for each additional individual event            Adding a relay- double the relay splash fee for each additional relay.</p> <p>No heats will be added in order to add a late swimmer.</p> <p style="text-align: center;"><b>THERE WILL BE NO ENTRIES ACCEPTED AFTER THE COMMENCEMENT OF THE MEET WHICH HAS BEEN DEFINED AS THE START OF THE WARM-UP ON THE FIRST DAY OF COMPETITION.</b></p>
<b>SEEDING</b>	
<b>SEED TIMES</b>	<p>The entered time should be the swimmer's best long course meter (LCM) time during the Qualifying Period, provided that the time meets or is faster than the LCM time standard for that event.</p> <p>If the swimmer does not have a LCM qualifying time but is otherwise qualified to swim the event (e.g. has the SCY or SCM qualifying time), then the entered time should be the swimmers' best SCY or SCM time during the Qualifying Period that meets or is faster than the SCY or SCM time standard for the event.</p> <p>Bonus events will be seeded last.</p> <p><u>Relay times</u> should be entered in their best aggregate time. <b>NT (no time) is not accepted.</b></p>
<b>SEEDING ORDER</b>	<p>All non-conforming seed times shall be seeded after the seeding has been done for conforming times, and non-conforming and bonus event seed times shall not be seeded ahead of any conforming time.            A "conforming" time is defined as one from a swim which matches the pool setup for the meet. A "non-conforming" time is one from a swim swum in a pool setup other than that for which the meet is being conducted. A "bonus event time" is one from a swim that does not meet current time standards.            Conforming times for the Kentucky Swimming Long Course Championship Meet must be from 50 M pools. All times from other length pools will be considered non-conforming times.</p> <p>Seeding For these Championships, the seeding order is:</p> <ol style="list-style-type: none"> <li>1. Long Course Meters (LCM)</li> <li>2. Short Course Meters (SCM)</li> <li>3. Short Course Yards (SCY)</li> <li>4. Non-conforming LCM (distance events)</li> <li>5. Non-conforming SCM (distance events)</li> <li>6. Non-conforming SCY (distance events)</li> </ol>



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	<p>7. Bonus Events Long Course Meters (LCM)</p> <p>8. Bonus Events Short Course Meters (SCM)</p> <p>9. Bonus Events Short Course Yards (SCY)</p>
<b>800 &amp; 1500</b>	<p>All Open and 13-14 girl's and boy's 800 and 1500 M freestyle events will be swum as combined heats, by gender, but scored separately. The heats will be swum fastest to slowest, alternating girls and boys with the fastest heat of the 800 M free competing in finals. At the discretion of the Meet Referee and depending on the number of entries, these events may be super-seeded, whereby the top 8 seeded swimmers in each age group will swim together.</p> <p>800M Freestyle: Using the coaches' entry declaration (AM or PM) for each athletes' preferences, the top eight of each gender competing at finals will be predetermined by the entry chair. The entry chair will notify all clubs who will be competing in the Finals session. Spots will not be filled if an athlete scratches.</p>
<b>PRELIM SEEDING</b>	<p>For Prelim Competition, the fastest 3 heats will be circle-seeded</p> <p>For the 13&amp;Over 400 M Free and 400 IM, the fastest 2 heats will be circle-seeded.</p>
<b>RELAYS</b>	
<b>RELAY CARDS</b>	<p>Relay cards will be distributed in each team's meet packet. Each relay team is responsible for delivering their completed relay card to the scorer's table at a time to be announced prior to the start of the heat.</p> <p>At that time the relay card must clearly indicate, in the appropriate order, the four swimmers who will compete.</p> <p>All relays must consist of at least two members who have achieved an individual championship standard. Failure to comply will result in a \$50 fine and result in relay disqualification.</p>
<b>POSTINGS</b>	
<b>POSTINGS</b>	<p>Entries will be posted on the Kentucky Swimming website in two forms:</p> <ol style="list-style-type: none"> <li>1. Entry List, sorted first by team and then by athlete, showing entries for each athlete.</li> <li>2. Psych Sheet, sorted by event number with entries for each event sorted in rank order</li> </ol> <p>Psych sheet will not be posted earlier than noon on July 19th.</p> <p style="text-align: center;"><b>REGARDLESS OF ENTRIES SUBMITTED AND/OR INPUT ERROR, IT IS THE COACHES' RESPONSIBILITY TO ENSURE THE SWIMMERS ARE IN THE CORRECT EVENTS AS INDICATED ON THE POSTED ENTRY LIST.</b></p>
<b>CHECK-IN</b>	
<b>POSITIVE CHECK-IN IS REQUIRED FOR INDIVIDUAL EVENTS 400 METERS AND GREATER</b>	
<b>CHECK-IN SHEETS</b>	<p>Check-in sheets for Individual Events 400 meters and greater for each Prelim, Finals, or Timed-Final session will be posted at the designated check-in table behind the scoring table. Check-in sheets will be collected 30 minutes before each session.</p> <p>800M Freestyle: Positive check-in the day of the event will be for scratches only. Open lanes in finals due to positive scratches will be swum empty. The meet referee has the discretion to combine boys/girls top heat at finals.</p>
<b>CHECK-IN SCHEDULE</b>	<p>Each swimmer is responsible for positively checking-in for individual events prior to the designated time. Initials of athlete and/or coach signing in athlete will be required on the sign-in sheet.</p> <p style="text-align: center;"><b>SWIMMERS ARE NOT ENTERED IN THE EVENTS UNTIL THEY HAVE CHECKED-IN</b></p> <p style="text-align: center;"><b>IT IS THE COACHES' RESPONSIBILITY TO MAKE ARRANGEMENTS TO CHECK-IN HIS/HER SWIMMERS BY THE DESIGNATED TIME.</b></p>
<b>SCRATCHES</b>	
<b>SCRATCH PROCEDURE</b>	<p>Using the Check-In Sheets:</p> <ul style="list-style-type: none"> <li>· To Scratch a swimmer from a Session: CLEARLY draw a line through the SWIMMERS' NAME and all events scratched.</li> <li>· To scratch a swimmer from an Event: Clearly draw a line through the swimmer's name.</li> <li>· To scratch a Relay: Write "scratch" on the card and turn in at the table</li> </ul>
<b>RE-INSERTING</b>	<p>If a swimmer who has been scratched from a Preliminary or Timed-Final event shows up to compete, that</p>





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<b>SCRATCHED SWIMMERS</b>	swimmer should report in person to the Meet Referee. At the sole discretion of the Meet Referee, the swimmer may be allowed to compete. <b>NO ADDITIONAL HEATS WILL BE ADDED.</b>
<b>RE-INSERTING SCRATCHED RELAY</b>	If a relay, that has been scratched from a Timed-Final event shows up to compete, that relay should report in person to the Meet Referee. At the sole discretion of the Meet Referee, the relay may be allowed to compete. <b>NO ADDITIONAL HEATS WILL BE ADDED</b>
<b>NO SHOWS</b>	
<b>FAILURE TO COMPETE IN PRELIMS OR TIMED-FINALS</b>	Swimmers entered in an individual preliminary or timed-final event that is seeded on deck, in whole or in part, who have checked in for that event, must swim in the event unless they notify the meet referee before the seeding for that event has begun, that they wish to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual preliminary event in which they are entered.
<b>FAILURE TO COMPETE IN FINALS</b>	Any swimmer qualifying for a consolation final or final race in an individual event who fails to compete in said consolation final or final race shall be barred from his/her next individual event in prelims, except as noted below. <ol style="list-style-type: none"> <li>1. In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.</li> <li>2. Where consolation finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the consolation final and final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.</li> <li>3. If a consolation final has already been contested, the companion final shall swim without reseeding for the empty lane(s).</li> </ol>
<b>EXCEPTIONS</b>	No penalty shall apply for failure to withdraw or compete in an individual event if: <ol style="list-style-type: none"> <li>1. The Referee is notified in the event of illness or injury and accepts the proof thereof.</li> <li>2. Swimmers qualifying for a Consolation Final or Final race following preliminaries must notify the Referee within thirty (30) minutes after announcement of the qualifiers that they may not intend to compete and further declares his final intentions within 30 minutes following his last individual preliminary event.</li> <li>3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.</li> </ol>
<b>FAILURE TO APPEAR FOR LAST SCHEDULED EVENT</b>	The club of any athlete or relay failing to appear for the final of a Timed Final Event or Preliminary/Final Event, at a Kentucky Swimming State Championship Meet, who has failed to scratch from the event prior to the scratch deadline, on the athletes' or relays' last scheduled day of participation in the meet shall be fined \$25.00.
<b>DECLARED FALSE START</b>	In a preliminary event not requiring positive check in, swimmers reporting to the Referee prior to the start of their race and declaring their intent not to compete will be disqualified as a Declared False Start. Swimmers may not declare a false start at finals.
<b>TIME TRIALS</b>	
<b>AVAILABILITY</b>	Time Trials shall be swum immediately after the conclusion of the morning sessions, time permitting, and at the discretion of the meet referee.
<b>ELIGIBILITY</b>	A swimmer <b>MUST BE ENTERED IN AN INDIVIDUAL EVENT</b> to be eligible to participate in a Time Trial.
<b>TIME TRIAL SCHEDULE</b>	Time Trials shall be swum in the order listed under Order of Events as follows: <b>Thursday</b> No time trials offered. <b>Friday</b> Friday's events, followed by Saturday's events, followed by Sunday's events, followed by Thursday's events. <b>Saturday</b> Saturday's events, followed by Sunday's events, followed by Thursday's events, followed by Friday's events. <b>Sunday</b> Sunday's events, followed by Thursday's events, followed by Friday's events, followed by Saturday's events.



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<b>ENTRY LIMIT</b>	A swimmer is limited to a maximum of two (2) Time Trial Events during the course of the Championship Meet. A time trial event is in, and not in addition to the entry limits stated above. In a meet where a combination of preliminary and final events and timed finals are scheduled, a swimmer may compete in not more than three (3) individual events per day unless entered exclusively in timed final events that day. The above limitations on individual events apply regardless of the classification mixture or if separate meets or time trials are being conducted.
<b>ENTRY PROCEDURE</b>	Athletes or coaches interested in a time trial must complete a Time Trial Form, which is available at the computer table, and submit it to the official designated at the coaches meeting. Payment must be submitted at the time of the request. DEADLINE: 10 AM daily.
<b>ENTRY FEE</b>	Time Trial Entry Fee is \$20.00 per event, payable when the Time Trial is declared, payable to the host club.
<b>TIMERS AND COUNTERS</b>	
<b>TIMED FINAL, PRELIM, AND FINALS COMPETITION</b>	Competing teams must supply lane timers. The number of timers per team will be assigned proportionately based on the number of swimmers in a session. It is the responsibility of the team assigned the timing detail to provide any necessary relief timer(s).
<b>800 &amp; 1500 M FREESTYLE</b>	For the 800 M and 1500 M Freestyle, each swimmer shall provide his/her own timer and counter.
<b>OFFICIALS</b>	
<b>OFFICIALS' JOB SIGNUP</b>	USA Swimming certified officials are welcome to officiate at this meet. <ul style="list-style-type: none"> <li>• Please sign up on the KYLSC website, <a href="http://kylsc.org">kylsc.org</a>, at least one week prior to the start of the meet.</li> <li>• Officials should be prepared to present their credentials to the Meet Referee at the start of each session.</li> </ul> Questions or concerns can be sent to the Meet Referee or the KYLSC official's chair.
<b>OFFICIALS' MEETING</b>	There will be Officials' meetings 1 hour prior to the start of each session in the hospitality room.
<b>EVALUATION FOR NATIONAL CERTIFICATION</b>	The Kentucky Swimming Long Course State Championship, 13 & Over Division, is scheduled to be an "Official's Qualifying Meet (OQM)" for officials seeking evaluation for national advancement at N2 (except AO) and N3 (only Stroke & Turn) pending evaluator availability.  Officials who are interested in being evaluated for national certification should send a request to the KYLSC Officials Chair, Jason Brown, at <a href="mailto:kylscoc@gmail.com">kylscoc@gmail.com</a> .



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**ORDER OF EVENTS**

**DAY 1 - THURSDAY, JULY 18**

SESSION 1: 13&Over		
GIRLS	PRELIMS	BOYS
5	13-14 200 Freestyle	6
7	Open 200 Freestyle	8
9	13-14 100 Breaststroke	10
11	Open 100 Breaststroke	12
13	13-14 200 Butterfly	14
15	Open 200 Butterfly	16

SESSION 2: 13&Over		
GIRLS	FINALS	BOYS
17	1500 Freestyle <sup>1</sup>	18

<sup>1</sup> Timed Final Event: 13-14 and Open age groups will be swum as combined events and scored separately.  
1500 FR awards will be at the first awards break at finals.

SESSION 3: 13&Over		
GIRLS	FINALS	BOYS
1	13-14 400 Medley Relay <sup>2</sup>	2
3	Open 400 Medley Relay <sup>2</sup>	4
Awards		
5	13-14 200 Freestyle	6
7	Open 200 Freestyle	8
Awards		
9	13-14 100 Breaststroke	10
11	Open 100 Breaststroke	12
Awards		
13	13-14 200 Butterfly	14
15	Open 200 Butterfly	16
Awards		
<sup>2</sup> Timed Final Event		

**DAY 2 – FRIDAY, JULY 19**

SESSION 4: 13&Over		
GIRLS	PRELIMS	BOYS
23	13-14 100 Freestyle	24
25	Open 100 Freestyle	26
27	13-14 400 IM	28
29	Open 400 IM	30
31	13-14 100 Backstroke	32
33	Open 100 Backstroke	34

SESSION 5: 12&Under		
GIRLS	11-12 PRELIMS – 10&U FINALS	BOYS
101	Mixed 12&U 200 Medley Relay <sup>3</sup>	101
102	Mixed 10&U 200 Medley Relay <sup>3</sup>	102
Awards		
103	11-12 200 Butterfly <sup>4</sup>	104
105	10&U 100 Freestyle	106
107	11-12 100 Freestyle	108
109	10&U 200 IM	110
111	11-12 200 IM	112
113	10&U 100 Backstroke	114
115	11-12 100 Backstroke	116
117	10&U 50 Butterfly	118
119	11-12 50 Butterfly	120
10&U Awards		
<sup>3</sup> Timed Final Event		
<sup>4</sup> 200 Butterfly will be swum as timed final with fastest 8 competing at Finals.		

SESSION 6		
GIRLS	FINALS	BOYS
19	13-14 200 Freestyle Relay <sup>5</sup>	20
21	Open 200 Freestyle Relay <sup>5</sup>	22
103	11-12 200 Butterfly <sup>4</sup>	104
Awards		
107	11-12 100 Freestyle	108
23	13-14 100 Freestyle	24
25	Open 100 Freestyle	26
Awards		
111	11-12 200 IM	112
27	13-14 400 IM	28
29	Open 400 IM	30
Awards		
115	11-12 100 Backstroke	116
31	13-14 100 Backstroke	32
33	Open 100 Backstroke	34
Awards		
119	11-12 50 Butterfly	120
Awards		
<sup>5</sup> Timed Final Event		



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DAY 3 – SATURDAY, JULY 20

SESSION 7: 13&Over			SESSION 9		
GIRLS	PRELIMS	BOYS	GIRLS	FINALS	BOYS
39	Open 100 Butterfly	40	47	800 Freestyle <sup>6</sup>	48
41	13-14 100 Butterfly	42	139	11-12 400 Freestyle <sup>9</sup>	140
43	Open 200 Breaststroke	44	Break		
45	13-14 200 Breaststroke	46	35	Open 200 Medley Relay <sup>9</sup>	36
Break			37	13-14 200 Medley Relay <sup>9</sup>	38
47	800 Freestyle <sup>6</sup>	48	125	11-12 200 Backstroke <sup>8</sup>	126
<sup>6</sup> The 13-14 and Open Women's and Men's Events will be swum as combined heats, by gender, but scored separately. The heats will be swum fastest to slowest. Top 8 competitors of each gender will compete in finals.			Awards		
SESSION 8: 12&Under			39	Open 100 Butterfly	40
GIRLS	11-12 PRELIMS - 10&U FINALS	BOYS	41	13-14 100 Butterfly	42
121	11-12 200 Freestyle Relay <sup>7</sup>	122	129	11-12 100 Butterfly	130
123	10&U 200 Freestyle Relay <sup>7</sup>	124	Awards		
Awards			43	Open 200 Breaststroke	44
125	11-12 200 Backstroke <sup>8</sup>	126	45	13-14 200 Breaststroke	46
127	10&U 100 Butterfly	128	133	11-12 100 Breaststroke	134
129	11-12 100 Butterfly	130	Awards		
131	10&U 100 Breaststroke	132	137	11-12 50 Backstroke	138
133	11-12 100 Breaststroke	134	Awards		
135	10&U 50 Backstroke	136	<sup>9</sup> Timed Final Event		
137	11-12 50 Backstroke	138			
139	11-12 400 Freestyle <sup>9</sup>	140			
10 & Under Awards					
<sup>7</sup> Timed Final Event					
<sup>8</sup> 200 Backstroke will be swum as timed final with fastest 8 competing at Finals.					
<sup>9</sup> 400 Freestyle will be swum as Timed-Final event with the fastest 8 competing at Finals.					



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DAY 4 – SUNDAY, JULY 21

SESSION 10: 13&Over			SESSION 12		
GIRLS	PRELIMS	BOYS	GIRLS	FINALS	BOYS
49	13-14 200 IM	50	49	13-14 200 IM	50
51	Open 200 IM	52	51	Open 200 IM	52
53	13-14 50 Freestyle	54	145	11-12 200 Breaststroke <sup>11</sup>	146
55	Open 50 Freestyle	56	Awards		
57	13-14 200 Backstroke	58	149	11-12 50 Freestyle	150
59	Open 200 Backstroke	60	53	13-14 50 Freestyle	54
61	13-14 400 Freestyle	62	55	Open 50 Freestyle	56
63	Open 400 Freestyle	64	Awards		
65	13-14 400 Freestyle Relay <sup>10</sup>	66	153	11-12 50 Breaststroke	155
67	Open 400 Freestyle Relay <sup>10</sup>	68	57	13-14 200 Backstroke	58
Awards			59	Open 200 Backstroke	60
<sup>10</sup> Timed Final Event			Awards		
SESSION 11: 12&Under			157	11-12 200 Freestyle	158
GIRLS	11-12 PRELIMS – 10&U FINALS	BOYS	61	13-14 400 Freestyle	62
141	11-12 200 Medley Relay <sup>10</sup>	142	63	Open 400 Freestyle	64
143	10&U 200 Medley Relay <sup>10</sup>	144	Awards		
Awards					
145	11-12 200 Breaststroke <sup>11</sup>	146			
147	10&U 50 Freestyle	148			
149	11-12 50 Freestyle	150			
151	10&U 50 Breaststroke	152			
153	11-12 50 Breaststroke	154			
155	10&U 200 Freestyle	156			
10&Under Awards					
157	11-12 200 Freestyle	158			
<sup>10</sup> Timed Final Event					
<sup>11</sup> 200 Breaststroke will be swum as timed final with fastest 8 competing at Finals.					



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SUMMARY/WAIVER FORM

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

WAIVER: In consideration for 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 (USAS), the Kentucky Local Swim Committee of USAS, Kentucky Swimming, Inc (KYLSC), Elizabethtown Dolphins and the Elizabethtown Swim and Fitness Center 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 bonafide members of United States Swimming as a team, coach, athlete, or administrator and are eligible to compete in all events I / we have entered.

SIGNATURE \_\_\_\_\_

TITLE \_\_\_\_\_ TEAM NAME \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

TEAM ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

RECAP OF ENTRIES

Individual Entries \_\_\_\_\_ X \$7.00 = \$ \_\_\_\_\_

RELAYS \_\_\_\_\_ X \$14.00 = \$ \_\_\_\_\_

SWIMMERS \_\_\_\_\_ X \$28.50 = \$ \_\_\_\_\_

KYLSC \$3.50 per swimmer surcharge

Facility Surcharge \$25.00 per swimmer TOTAL \$ \_\_\_\_\_

Make checks payable to: Elizabethtown Swim Team

Payment, entry list and summary/waiver must be submitted by the start of the meet. If host club does not receive payment by the start of the meet, your athletes will be unable to compete until payment is made.

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

Swimmer's Name \_\_\_\_\_ Meet \_\_\_\_\_ Date \_\_\_\_\_

Club \_\_\_\_\_ LSC \_\_\_\_\_ COACH \_\_\_\_\_ Cell # (at meet) \_\_\_\_\_

Accommodations needed: please describe.

Four horizontal lines for describing accommodations.

Session	Event	Heat	Lane	Modification(s) Per Article 105

Examples of Necessary Accommodations (but not limited to)

- Towel on block to start
- Assistance at the block before the start
- Takes longer to get to block or exit pool
- Wall lane placement
- Personal Assistant for mobility or communications

Examples of Modifications per Art. 105 in accordance with 105.1.2.

- Sitting position on block 105.5.1.E(1).
- Starter's arm signals 105.3.1
- Personal Assistant for mobility, tapper (B/VI) or communication, etc. 105.1.3.C and elsewhere.
- Legs due to immobility are unable to perform Breaststroke Kick 105.5.2.

Please state all requested accommodations. While you are familiar with your athlete, we are not. Things that are obvious to you are not to officials who have never met your athlete.

LODGING & RESTAURANTS: Information is posted on the Elizabethtown Dolphins website at



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<http://www.etowndolphins.com>

**PARKING:** Parking is available in the following areas.

Areas surrounding the Fitness Center. The Fitness Center will rope off parking for its members.

The First Citizens Bank after noon on Saturday after bank has closed.

The Post Office parking lot, in the afternoon Saturday, after it has closed.

The vacant lot across from the Post Office is available.

The Kroger shopping center is at the discretion of each individual.

These lots will **not** be marked by the Fitness Center or Dolphin Swim Team. More parking instructions and details are available on the Etown Dolphins website.



	All Day Parking		After 6 pm on Friday and Thursday, After 1 pm on Saturday, All Day on Sunday
	VIP Parking		NO PARKING

We are happy to have you here and want everyone to enjoy our Beautiful Pools!

Your usage is to include the 50 meter pool and half of the 25 yard warm up pool for swim meet participants only. The baby pool and playground is for members only.

If non-members would like to participate in recreational swimming when the lifeguards are on duty (noon to eight p.m.) you may purchase a bracelet from the front desk. Over 10 years old is \$10, 9 and under is \$5. A swim bracelet is required for recreational swimming.

Please enter and exit from the back gate only! **DO NOT CUT THROUGH THE BUILDING!** No horseplay or inappropriate behavior in the locker rooms. The hot tub will be closed for maintenance. The fitness areas are not available to non-members.

Kids are welcome to use the outdoor basketball courts if available. You may use the volleyball courts for volleyball. Do not throw sand or play in the sand.

Park in the appropriate areas to avoid your car being towed.

Have a great time here at E-Town Swim & Fitness!

Debra Mattingly, General Manager  
E-Town Swim & Fitness Center