



2025 KYLSC Open Water Championships
Hosted by: Kentucky Swimming and the Swimchester Sailfish
Tuesday, July 1, 2025
Taylorsville Lake - Possum Ridge Boat Ramp
Sanction: KYOW25-STATE



SANCTION	Held under the Sanction of USA Swimming, Inc., and issued by Kentucky Swimming Inc		
HOST CLUB	Kentucky Swimming HOME TEAM: Swimchester Sailfish		
LOCATION	Taylorsville Lake State Park, Possum Ridge Boat Ramp - 1320 Park Road, Mt. Eden, KY 40046		
MEET REFEREE	Ruth Ann Bode	rufuscnm@aol.com	502.533.8806
MEET DIRECTOR	Kevin Ryan	CoachKevinSWSF@gmail.com	513.780.4866
ENTRY CHAIR	Terri Tonges	entries@kylsc.org	859.492.5028
INDEPENDENT SAFETY MONITOR	Colin Faris	c.faris@uky.edu	606.584.3075
COVID-19	We have taken enhanced health and safety measures for the swimmers, coaches, volunteers, spectators, and other meet workers. You must follow all posted instructions while attending this event. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. Neither USA Swimming, Inc. nor Kentucky Swimming, Inc., can prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.		
TIMING SYSTEM	Active ProV3 ankle chips will be the primary method of time collection. Order-of-Finish and Interval 2000XC® Stopwatches will be used as a backup.		
ELIGIBILITY	Swimmer(s) must be registered with USA Swimming to be accepted into this meet. Age as of July 1, 2025 shall determine the swimmer's age for the Open Water Championships.		
FORMAT			
RULES	The current USA Swimming open water rules will govern the meet as outlined in Part Seven of the USA Swimming Rules and Regulations Handbook. Per USA Swimming Rule 202.3.2 - 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. Athlete members who attend the meet without a USA Swimming member coach should contact the Meet Referee for assistance with making arrangements for supervision.		
MIXED GENDER 4x300m RELAY**	AGE	DISTANCE	
	12 & Under	4x300m	
	13 & Over	4x300m	
	<i>*1st and 3rd swimmers must be female; 2nd and 4th swimmers must be male. First swimmer has an in-water start. All exchanges are in-water in the exchange zone. 4th swimmer finishes on boat ramp.</i> <i>*At least one member of each relay team must be entered in the meet in an individual event.</i> 4 SCORING RELAYS PER CLUB per age group/gender allowed.		
INDIVIDUAL EVENTS	AGE	DISTANCE	
	11-12	2-km	
	10 & Under	1-km	
	15 & Over	4-km	
	13-14	3-km	



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MEETINGS

TECHNICAL MEETING	There will be no in-person technical meeting for this event. There will be a mandatory virtual (Zoom-based) technical meeting for all races. Details will be sent to each coach. Participating coaches and swimmers are responsible for having knowledge of all information in the meet document, distributed during the Zoom meeting, and posted on the KYLSC event website.
PRE-RACE MEETINGS	In addition to the technical meeting, all swimmers must be present for the mandatory pre-race briefing prior to each race. At this meeting, race officials will distribute last minute information on weather and water conditions, emergency procedures, and review race procedures. Swimmers failing to attend will not be permitted to race.

SCHEDULE – ORDER OF EVENTS

RACE DAY SCHEDULES	Schedules are subject to change depending on the number of entries and local conditions.
CHECK-IN	8:00am – Check-in begins Participant numbering - assignment and inspection Ticket pick-up Nail inspection Uniform inspection
WARMUPS	9:00am Lake is open for warmups 9:45am Course is cleared
RELAY EVENTS	
4x300m Relays	9:50 am Pre-race Briefing - all relay teams
12&Under	10:00am Roll Call 10:05am Start
13&Over	10:25am Roll Call 10:30am Start
INDIVIDUAL EVENTS	
11-12 2-km	11:10am Pre-race Briefing 11:20am Roll Call 11:25am 11-12 Start
10&U 1-km	11:10am Pre-race Briefing 11:30am Roll Call 11:35am 10 & Under Start
15&O 4-km	12:20pm Pre-race Briefing 12:30pm Roll Call 12:35pm 15 & Over Start
13-14 3-km	12:20pm Pre-race Briefing 12:40pm Roll Call 12:45pm 13-14 Start

COURSE DESCRIPTION

4x300m RELAY COURSE	<p>The relay course will be a skinny rectangle, approximately 135m on the long sides and 30m on the short side. Fluorescent green pyramid buoys will be turn buoys, placed at the nearest and farthest points of the course. Smaller, orange intermediate buoys will serve as guide buoys. Swimmers will move counterclockwise around the course, remaining to the right of the orange guide buoys and making left turns around the green turn buoys.</p> <p>The way swimmers will start and finish each leg of the relay will be specified at the pre-race briefing.</p>
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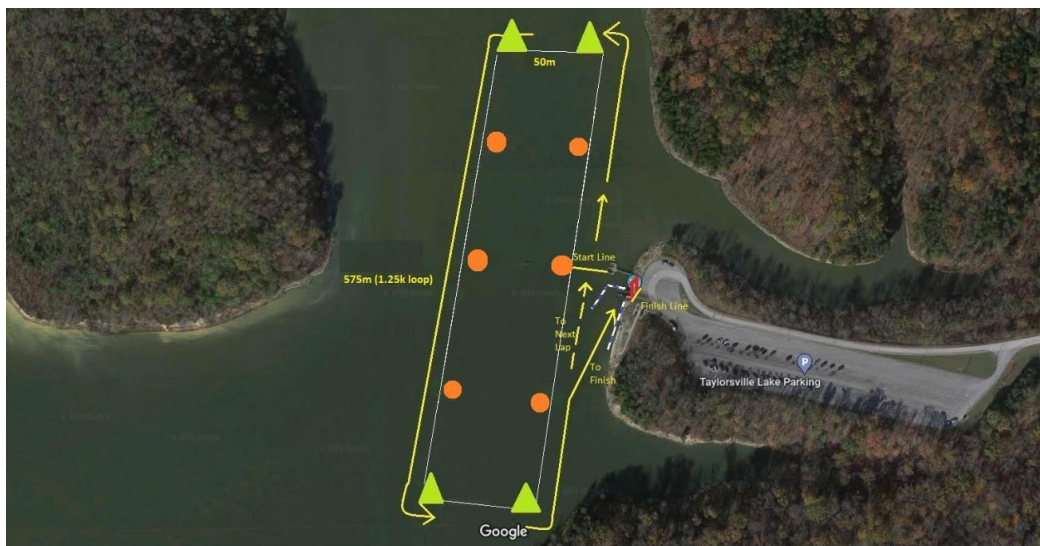
4x300m RELAY COURSE



INDIVIDUAL COURSE

The dimensions of the course are a rectangle ~450m x 50m for all individual events. All turns will be marked by large fluorescent green pyramid buoys. Smaller, orange intermediate buoys will serve as guide buoys. Swimmers will move counterclockwise around the course, making only left turns. 10&U will complete one (1) lap of the course, 11-12s will complete two (2) laps, 13-14s will complete three (3) laps, and 15&O will complete four (4) laps.

Swimmers will have an in-water start, between the dock and the nearest turn buoy. After completing the required number of laps, swimmers will finish the race by running up the ramp and across the finish line. The start may be modified per the discretion of the Meet Referee dependent upon local conditions.





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MEET DAY INFORMATION

CHECK-IN	Swimmers must report to the check-in area for pre-race inspections of their nails, uniform, and numbering. Swimmers will receive their tickets for entry into the race once all check-in inspections are successfully completed.
NUMBER MARKING	Numbering will be done at the check-in area. Swimmers shall be marked with their race numbers on both upper arms, both hands, and their upper backs. The swimmers shall be numbered vertically down the arms and horizontally across the upper backs. Any swimmer failing to mark their body correctly will not be permitted to race.

WARMUP PROCEDURE

WARMUP/WARMDOWN	<p>A designated area adjacent to the competition will be available for continuous warm-up and warm-down prior to and during the competition.</p> 
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MEET PROCEDURE

START/FINISH	<p>Athletes may ONLY enter the race course from the boat ramp and exit the race course from the boat ramp. This area will be blocked off from spectators and any athletes not in the current heat.</p> <p>All races will have an in-water start.</p> <p>The finish line will be a clearly marked line on the boat ramp. All finishes will be monitored with a finish line camera (iPad) mounted above and aligned with the finish. All finishes with</p>
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	two (or more) swimmers finishing within 0.50 seconds of each other will be deemed a “PHOTO FINISH” in which the officials will review the finish line video to determine the correct order of finish. A swimmer will not be considered as having finished the race until his/her torso (shoulders to hips) breaks the plane of the finish line, NOT an arm, hand, neck, head, leg, or foot.
TIME LIMITS	Swimmers must finish within 30 minutes of the first finisher of his/her event to be eligible for scoring and awards. Any swimmer who does not complete the course within 30 minutes of the first finisher in the event may be asked to retire from the race.
SAFETY CONDITIONS	<p>In the event of adverse conditions that cause the meet to be deemed unsafe, the following re-scheduling priorities will be used based on weather predictions, and at the discretion of the Meet Referee:</p> <p>Priority 1 – Starting the meet later on the same day, potentially modifying event order/distance.</p> <p>Priority 2 – Cancellation. There is no rain date for this event.</p>
SAFETY CRAFT	<p>The course will be patrolled by qualified safety personnel. Coaches, parents, and spectators are not allowed on the course with any watercraft. Only the Meet Referee can designate who is on the course at any given time.</p> <p>Officials reserve the right to remove any swimmer from the course if needed. Safety watercraft and lifeguards on paddleboards will monitor the entire course.</p>
SAFETY PROCEDURES	<p>The safety of swimmers is our primary concern. For this reason, participants should be adequately trained for open water competition.</p> <p>The following have the authority to stop the meet at any time for safety reasons: the Meet Referee, the Meet Director, or the Safety Monitor.</p> <p>For additional information, see the event Safety Plan document.</p>
MEDICAL FACILITY	Spencer County EMS delivers trauma victims to Norton Audubon Hospital, 1 Audubon Plaza Drive, Louisville, KY 40217
SAFE SPORT	
MAAPP	<ul style="list-style-type: none">• The USA Swimming Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.• The Minor Athlete Abuse Prevention Policy (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet.• Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.



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	<ul style="list-style-type: none">All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after the first day of the start of competition, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after the first day of competition, 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.All participants and competitors shall follow the US Center for SafeSport rules for bullying found on USA Swimming and Kentucky Swimming sites. A violation will be grounds for removal of member from the facility.
RECORDING DEVICES	The use of audio or video recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms.
CHANGING AREAS	Except where venue facilities require otherwise, changing into or out of swimsuits other than the designated changing area is PROHIBITED. Private, separate changing areas will be provided for each gender.
DRONES	Operation of a drone, or any other flying apparatus, is prohibited over the venue (beach, athlete/coach areas, spectator areas and open ceiling changing areas) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted by agreement of Meet Director and Meet Referee.
ATHLETES 18 & OVER	Athletes 18 & over must complete or maintain a current USA Swimming Athlete Protection Training course credential. https://www.usaswimming.org/resource-center/athlete-protection-training
SCORING & AWARDS	
SCORING	Individual events Top 16 score 20-17-16-15-14-13-12-11-9-8-7-6-5-4-3-2-1
	Relay events Top 16 score 40-34-32-30-28-26-24-22-18-16-14-12-10-8-6-4-2
AWARDS	Individual Awards Medals for Top 8 Overall in each gender of each age group for all events. Medals for Top 8 Individuals from KYLSC for each gender of each age group. Medals for all 12 & under events and relays will be presented following the conclusion of the 2k. Medals for all 13 & over events and relays will be presented at the conclusion of the meet. Should other LSCs choose to use this event as their LSC Championship, it is their responsibility to provide those awards. Team Awards Trophy for Top 3 Women's and Men's Teams. Presented at the conclusion of the meet. The combined points scored by attached members of the team at all KYLSC Open Water Championship events shall determine each teams' score.



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ENTRIES	
ENTRY FEES	<p>\$75.00 per individual event. \$30.00 relays</p> <p>Please make checks payable to "Swimchester Sailfish".</p>
ENTRY PROCEDURES & DEADLINE	<p>The entry deadline is Tuesday, June 24, 2025 at 11:59 p.m. EDT.</p> <p>HYTEK entries only. The HYTEK entries must be sent via email to entries@kylsc.org.</p> <p>Relays are limited to four (4) scoring-eligible entries per club for each age group. Gender non-conforming relays will be permitted as exhibitions, provided the lead-off swimmer is a female.</p> <p>Entering clubs/swimmers need to check all data BEFORE submitting. Any club entering with an unattached swimmer also needs to check all entry reports (and any exception reports) that the host returns. It is the responsibility of the entering club/unattached swimmer to heed deadlines and be responsible for the accuracy of entries.</p> <p>An Entry Report and Exception report (if any) will be sent back to entering club/unattached swimmer by Thursday, June 26 at 8:00 p.m. via e-mail.</p> <p>The e-mailed Entry Report sent to you confirming your entry, along with all subsequent Entry Reports notifying you of changed or updated entries, shall be the official record of your entry. No other information will be considered if there is an entry error or discrepancy.</p> <p>The attached "Entry Summary and Waiver", "USA Swimming Membership Meet Entry Form", fees and a hard copy of your club's entry report must be submitted by the start of the meet. If any team has unpaid fees at the start of competition, the entire team will be scratched.</p>
REGARDLESS OF ENTRIES SUBMITTED AND/OR INPUT ERROR, IT IS THE COACHES' RESPONSIBILITY TO ENSURE THE SWIMMERS ARE IN THE CORRECT EVENTS	
DECK ENTRIES	IMPORTANT REMINDER - No deck entries will be permitted.
DISABILITY ATHLETES	<p>KYLSC welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets.</p> <p>Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice by completing the attached "Swimmers with a Disability Coach and Meet Referee Communication" form to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals.</p> <p>Failure to provide advance notice may limit the Meet Referee's ability to accommodate any requests.</p>
ATHLETE CONDUCT	
ATHLETE CONDUCT	<p>Athlete conduct will be governed by Part Seven of the USA Swimming Rules and Regulations Handbook. It is the athlete's responsibility to be familiar with the rules for open water swimming. Intentional obstruction, interference or intentional contact with another swimmer may be deemed "Unsporting Impedance" and lead to disqualification. Swimmers shall maintain clearance from other swimmers except at the start, turn, and the finish or where the course or race conditions dictate otherwise. Parents and swimmers should be advised there may be inadvertent contact with other swimmers when there are a significant number of entrants. It is important that swimmers keep a cool head while in the water.</p>



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SWIMWEAR	<p>All swimwear must comply with USA Swimming 701.4. It is unlikely that water temperatures will allow for the use of wetsuits. Specifically, suits may not cover the neck, extend past the shoulder, extend below the ankle, or have zippers or other fastening devices.</p> <p>Should conditions permit the use of wetsuits, only World Aquatics-approved wetsuits may be worn in competition.</p>
OFFICIALS	
OFFICIALS' SIGN-UP	<p>Any USA Swimming certified officials are welcome to officiate at this meet. This includes officials who currently hold Open Water certification as well as other certified officials who are apprenticing to obtain OW certification. To sign-up to work, please email the Meet Referee Ruth Ann Bode at rufuscnm@aol.com by Thursday, June 26, 2025.</p>
OTHER INFORMATION	
PROGRAMS	<p>If possible, psych sheets will be posted on MeetMobile as well as emailed, and posted on-site. All will be free.</p>
FINAL RESULTS	<p>Final results will be posted on MeetMobile and Hy-tek Team Manager Results file will be posted www.kylsc.org as well as emailed to the coaches of participating teams.</p>
SPECTATOR ADMISSION	<p>Free</p>
HOSPITALITY	<p>Hospitality will be offered for coaches and officials during the meet. A boxed lunch will be provided for all athletes, coaches, and officials.</p>
PARKING	<p>Free Parking</p>
HOTELS	<p>Campsites: Taylorsville State Park Holiday Inn Express and Suites – Shelbyville (15 miles) Ramada by Wyndham - Shelbyville Best Western - Shelbyville (18 miles) Hampton Inn – Simpsonville (20 miles)</p>

ORDER of EVENTS					
BOYS EVENT #	GIRLS EVENT #	MIXED EVENT #	AGE	DISTANCE	TYPE
		1	12 & Under	4x300m	Relay
		2	13 & Over	4x300m	Relay
7	8		11-12	2-km	Individual
9	10		10& Under	1-km	Individual
11	12		15 & Over	4-km	Individual
13	14		13-14	3-km	Individual



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ENTRY SUMMARY and WAIVER

Please fill out the information requested below and submit with your payment. Payment and waiver must be received by the start of the meet.

Make checks payable to "Swimchester Sailfish".

NAME OF CLUB _____ **CODE** _____

Number of individual entries _____ x \$75 = _____

Number of relay entries _____ x \$30 = _____

TOTAL AMOUNT ENCLOSED _____

NAME _____

ADDRESS _____

CITY - STATE - ZIP _____

HEAD COACH EMAIL ADDRESS _____

PHONE _____

CLUB OFFICIAL EMAIL _____

ATTENDING COACH CONTACT # _____

COACH _____

COACH _____

Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for himself, his successors and assigns, hereby releases and forever discharges Swimchester Sailfish, Kentucky Swimming Inc, and its Board of Directors, USA Swimming Inc., and the Taylorsville Lake State Park and each of their respective officers, agents, employees, members, successors, and any other persons in any way connected with this meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event.

Further, the undersigned shall indemnify and hold harmless Swimchester Sailfish, Kentucky Swimming Inc, USA Swimming Inc., and the Taylorsville Lake State Park and the officers, trustees, agents, employees, and members of the foregoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury of damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Signature of Club Official/Coach _____ **Date** _____

Did you include?

☐

Entries Printed

☐

Check for entries

☐

This completed form and (below) membership meet entry form



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USA SWIMMING MEMBERSHIP MEET ENTRY FORM

Meet Name: 2025 KYLSC Open Water State Championships
Location: Taylorsville Lake State Park, Possum Ridge Boat Ramp - 1320 Park Road, Mt. Eden, KY 40046
Date: July 1, 2025

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 AND KENTUCKY SWIMMING 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.

PLEASE RETURN THIS FORM WITH YOUR ENTRY FORMS

The undersigned team representative certifies by his/her signature that all athletes participating for or entered by the team in this sanctioned swim meet are currently member athletes of USA Swimming, Inc. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a coach member of USA Swimming, Inc.

TEAM: _____ **DATE:** _____

PRINTED NAME: _____

SIGNATURE: _____

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

MEET _____ DATE _____

CLUB _____ COACH _____ EMAIL or PHONE# _____

Swimmer	Age Group	Event	Session

Necessary Accommodation _____

Swimmer	Age Group	Event	Session

Necessary Accommodation _____

Swimmer	Age Group	Event	Session

Necessary Accommodation _____

Swimmer	Age Group	Event	Session

Necessary Accommodation _____

Examples of Necessary Accommodations (but not limited to)

- Special accommodations at the start - explain
- Special accommodations at the finish - explain
- Hand signals for the start