



# 2025 KENTUCKY SWIMMING LONG COURSE CHAMPIONSHIP

JULY 17-20, 2025

Sponsored by SWIMVILLE USA & SPEEDO

<b>SANCTION</b>	Sanction of USA Swimming, Inc., issued by Kentucky Swimming, Inc. Sanction: KYLCSTATE2501 Time Trial Sanction: KYLCSTATE2501TT		
<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>	Triton Swimming
<b>MEET ADMINISTRATION</b>			
<b>MEET DIRECTOR</b>		<b>MEET REFEREE</b>	<b>ENTRY CHAIR</b>
Susan Vlahos: <a href="mailto:sdvlahos@hotmail.com">sdvlahos@hotmail.com</a>		Jason Brown: <a href="mailto:kylscoc@gmail.com">kylscoc@gmail.com</a>	<a href="mailto:entries@kylsc.org">entries@kylsc.org</a>
<b>FACILITY</b>	<p>Genesis Blairwood Club 9300 Blairwood Access Way, Louisville KY</p> <p>The competitive outdoor pool is 9 lanes by 50 meters. Nine lanes will be used for prelims and eight lanes for finals. The depth of the pool at the start end is 12'. The depth at the turn end is 4'6". Colorado Gen7 timing system and scoreboard are available. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).</p> <p>Teams are welcome to bring tents. Swimmers should bring bag chairs.</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, restrooms 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.</p> <p>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>Outdoor bathhouse restrooms will be available to athletes ages 17&amp;Under only. Restrooms for 18&amp;Over athletes, coaches, officials and spectators will be labeled and must be used as identified.</p> <p><b>MEET MARSHALLS WILL BE ENFORCING THESE RULES.</b> <b>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></p> <p>Any athlete who turns 18 on or before July 17, 2025, 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> <p>Times achieved by an athlete who turns age 18 on or before July 17, 2025, 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.		



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<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>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.
<b>FACILITY NOTES</b>	<p>Please convey the following information to your swimmers and parents:</p> <ol style="list-style-type: none"> <li>1. The entrance to the swim meet will be at the outdoor pool entrance only.</li> <li>2. Radios, noisemakers or anything else that might cause inconvenience to swimmers, coaches, officials, workers or spectators are prohibited in the pool area.</li> <li>3. Walkie-talkies are prohibited as their use interferes with the headsets used by our officials and lifeguard staff.</li> <li>4. Flash photography is prohibited during the start of heats.</li> <li>5. No alcoholic beverages or smoking is permitted on or around the Genesis-Blairwood property.</li> <li>6. The outdoor 25-meter pool will be open for continuous warm-up/down.</li> <li>7. The Outdoor locker room facility is for athletes only. 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 prohibited from participating at the meet.</li> <li>8. If the meet is delayed due to weather, swimmers may enter the facility and proceed to the designated weather location, or swimmers and parents may return to their vehicles and wait out the weather delay.</li> <li>9. Park in the appropriate areas to avoid your car being towed. See attached parking map at the end of this meet information and on the KYLSC website.</li> </ol>
<b>PARKING</b>	<p>Park in designated swim meet parking – see map.</p> <p>Swim meet guests are prohibited from parking in the main member parking lot out of courtesy to the Genesis-Blairwood club members utilizing indoor tennis &amp; fitness facilities.</p>
<b>SPECTATOR INFORMATION</b>	<p>Limited bleacher seating available.</p> <p>Spectators are welcome to bring bag chairs.</p> <p>Blairwood Grill open for spectators and athletes for all sessions.</p>
<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 and 11-12 events will be swum as Timed-Final events.</p> <p>All 13&amp;Over and Open events less than 800M will be swum as Prelim / Finals.</p> <p>13&amp;Over 50-meter events of backstroke, breaststroke and butterfly have been added.</p> <p>The 100 time standard of each stroke will be used as the qualifying time.</p> <p>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> </ul>



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	<p>1500 M Freestyle will be swum as a Timed-Final event.</p> <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 at the check-in table located by the head table.</p> <p>All other events will be pre-seeded.</p> <p><i>Please see the Check-In Procedure for all events</i></p>
<b>SWAD - 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>PRELIMS</b>	Swimmers with a disability will compete in prelims with able-bodied athletes.
<b>FINALS</b>	Finals may be swum as Open Mixed Para events at the discretion of the Meet Referee. Each of these heats may be mixed gender, mixed disability class, and mixed distances/strokes. In the case where there is only 1 swimmer with a disability, the athlete may choose to swim in an open lane (if available) of the Championship heat with their able-bodied peers.
<b>ENTRIES</b>	<p>Coaches entering swimmers with disabilities that require any accommodation or modification, including the need for personal assistants, registered service animals, and/or preferences for seeding or lane placement, must submit the SWAD Coach and Meet Referee Communication form to the Meet Referee and Entry Chair <u>by the entry deadline, July 14, noon</u>.</p> <p>Swimmers with a Disability Coach and Meet Referee Communication form can be found on page 15.</p> <p>Entries for swimmers with a disability should be handled in the following manner:</p> <ol style="list-style-type: none"> <li>1. If the swimmer has qualified using the KYLSC time Standards, enter the swimmer under your roster in OME and skip to Step #3.</li> <li>2. <u>If the swimmer has qualified using the Para Swimming LSC Time Standards</u>, email the swimmer's entries to the entry chair. <b>Do not enter the swimmer in OME.</b></li> <li>3. Entries must be submitted by the entry deadline.</li> <li>4. List in the email the name of the swimmer, the stroke(s)/distance(s) they wish to swim, the entry times, the day/session they wish to swim the event(s), and the manner in which they prefer to be seeded (with a longer distance or with a different age group); and</li> <li>5. Provide any information about special accommodations needed by the swimmer using the "Swimmers with a Disability Coach and Meet Referee Communication" form (see page 15).</li> </ol> <p>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</p> <p>Relay Events: 16 places - 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2</p> <p>SWAD: Ranking and scoring of the Open Mixed Para events will be determined by the percentage of the qualifying USA Swimming Swimmers with Disabilities Parallel Time Standards (LCM) for each swimmer in the heat.</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)</p> <p>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 <u>seven</u> events.</p> <p>12&amp;U awards earned by place (medals/ribbons) will be awarded regardless of time achieved.</p>



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	1st, 2nd and 3rd place for combined 12&U and 13&O team scores will be awarded. The first-place team will receive the traveling trophy.			
AWARDS CEREMONIES	The procedure for awards recognition will be explained at the coaches’ meeting.			
WARM-UPS & SCHEDULE				
WARM-UP ASSIGNMENTS	<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>			
WARM-UP SCHEDULE	SESSION	WARMUPS	COMPETITION	
	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 and 11-12 Finals	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 and 11-12 Finals	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 and 11-12 Finals	TBA	TBA
	12	Sunday Evening Finals	Warm-ups begin 4:00 PM	Competition starts at 5:00 PM
COOL DOWN	A 25-meter cool-down pool will be available 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.			
COACHES CHECK-IN & MEETING	Coaches check in at the guard shack just inside the outdoor pool gate for credentials verification. A mandatory coaches meeting will be held Thursday morning at 7:45am EST in the indoor restaurant area at Genesis-Blairwood.			
ELIGIBILITY				
QUALIFYING PERIOD	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 11, 2024, through July 13th, 2025.			
AGE AT MEET	The age of the athlete on the first day of the meet, July 17, 2025, shall be used to determine event eligibility.			
RULES	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.			
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.			
RACING START	Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in			



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<b>CERTIFICATION</b>	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 on page 16, at kylsc.org, 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>11-12 200 BACKSTROKE, BREASTROKE &amp; BUTTERFLY EVENTS</b>	11-12 athletes achieving the 100 LCM/SCM/SCY time standard in the backstroke, breaststroke and butterfly also qualify to swim the 200 of the same stroke.  Entry Time: If the swimmer has a 200 LCM/SCM/SCY qualifying time in the event entered, use that time. If the swimmer has the 100 LCM/SCM/SCY qualifying time but not a 200 qualifying time, use the 200 LCM standard as the entry time for that event.
<b>13&amp;OVER 50 BACKSTROKE, BREASTROKE &amp; BUTTERFLY EVENTS</b>	13&Over athletes achieving the 100 LCM/SCM/SCY time standard in the backstroke, breaststroke and butterfly also qualify to swim the 50 of the same stroke.  Entry Time: Use the swimmer's fastest time in the 100 of the stroke entered.
<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 be <math>\leq</math> 200M.</li> <li>5. 13&amp;Over 50's of stroke (back, breast and fly) are not eligible for bonus events.</li> </ol>
<b>RELAY TIME</b>	There are no time standards for relays.
<b>ENTRIES</b>	
<b>ENTRY DEADLINE</b>	<p>OME Entry Deadline: July 14, 2025, noon</p> <p>An electronic event file will be available via the KY Swimming Long Course Championship Event Meet page for team planning purposes only.</p> <p>USA Swimming's Online Meet Entry (OME) system will be used for all entries, including relays.</p> <ul style="list-style-type: none"> <li>• The member completing entries must have OME access in their SWIMS club portal.</li> <li>• Go to <a href="https://usaswimming.org">usaswimming.org</a></li> <li>• Login – Competition – Meet Details – 2025 KY Swimming Long Course Championship</li> <li>• Teams are responsible for reviewing their entries and must notify the entry chair prior to the entry deadline if there are any errors.</li> <li>• OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.</li> <li>• You can modify your entries online by adding to the original entry (until the entry deadline).</li> <li>• Once you complete your online entry, you will be sent confirmations via email.</li> <li>• Keep these emails and bring them with you to the meet (just in case).</li> <li>• Complete the waiver and submit with payment before the start of the meet. Do not mail.</li> </ul> <p>All coaches will receive a team entry report by Monday, July 14th, 8PM as confirmation of their team's entries.</p> <p>After the close of OME, July 14<sup>th</sup>, noon, changes to entries will be accepted through email until the psych sheet is</p>



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	<p>published (not before noon on the day prior to the start of the meet). Change requests submitted after the psych sheet has been posted and up to the start of the first warmup will be considered as a Late Entry (see late entries section).</p> <p>A hard copy of team entries, a signed Summary / Waiver form (attached) and a check for all entry fees must be submitted before the coaches' meeting on the first day of the meet.</p> <p>800M Freestyle: After the OME entry deadline, coaches will receive a psych sheet of the 800M Freestyle entries. Coaches <u>MUST</u> email the entry chair and specify AM or PM for <u>ALL</u> 800M entries – deadline: Tuesday, noon.</p> <p>All swimmers' USAS memberships will be verified against SWIMS, the USA Swimming's membership database of registered athletes.</p>
<b>RELAY ENTRIES</b>	<p>A RELAY-ONLY SWIMMER MUST BE ENTERED IN AT 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</b>	<ul style="list-style-type: none"> <li>• Swimmers must be entered in the event in which they achieved an eligible time.</li> <li>• Swimmers must have an entry time from SWIMS for each bonus event entered.</li> <li>• NT will not be accepted.</li> <li>• An entry time from a USAS sanctioned, approved or observed meet must be used.</li> <li>• Bonus entries are limited to events &lt;= 200M.</li> <li>• 13&amp;Over 50's of stroke (back, breast and fly) are not eligible for bonus events.</li> </ul>
<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 (12) twelve 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>
<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>





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<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 or before warmups on the first day your club is competing.</p> <p>If the host club does not receive payment by the start of the meet, your athletes will be changed to unattached until payment is made.</p> <p>Make checks payable to Triton Swimming.</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 14<sup>th</sup></b>, may be accepted up until the psych sheet is posted, <b>July 16<sup>th</sup></b>.</p> <p>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>Entry requests and changes made after the entry deadline 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>After the posting of the psych sheet, no heats will be added in order to add a late swimmer.</p> <p><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), the entered time should be the swimmer's 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.</p> <p>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 order for these championships:</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> <li>7. Bonus Events Long Course Meters (LCM)</li> <li>8. Bonus Events Short Course Meters (SCM)</li> <li>9. Bonus Events Short Course Yards (SCY)</li> </ol>
<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>



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	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 which swimmers will compete in the Finals session. At the discretion of the Meet Referee, spots may be filled if an athlete scratches.
<b>PRELIM SEEDING</b>	For Prelim Competition, the fastest 3 heats will be circle-seeded. For the 13&Over 400 M Free and 400 IM, the fastest 2 heats will be circle-seeded.
<b>RELAYS</b>	
<b>RELAY CARDS</b>	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.  At that time the relay card must clearly indicate, in the appropriate order, the four swimmers who will compete. 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.
<b>POSTINGS</b>	
<b>POSTINGS</b>	Entries will be posted on the Kentucky Swimming website in two forms: <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> Psych sheet will not be posted earlier than noon on July 16th.  <b>REGARDLESS OF ENTRIES SUBMITTED AND/OR INPUT ERROR, IT IS THE COACHES' RESPONSIBILITY TO ENSURE THE SWIMMERS ARE ENTERED IN THE CORRECT EVENTS AS INDICATED ON THE POSTED ENTRY LIST.</b>
<b>CHECK-IN</b>	
<b>POSITIVE CHECK-IN IS REQUIRED FOR INDIVIDUAL EVENTS 400 METERS AND GREATER</b>	
<b>CHECK-IN SHEETS</b>	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 located by the heat table. Check-in sheets will be collected 30 minutes before each session.  800M Freestyle: Positive check-in the day of the event will be for scratches only. Open lanes in finals due to positive scratches may be filled at the discretion of the Meet Referee. The Meet Referee has the discretion to combine boys/girls top heat at finals.
<b>CHECK-IN SCHEDULE</b>	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. <b>SWIMMERS ARE NOT ENTERED IN THE EVENTS UNTIL THEY HAVE CHECKED-IN</b>  <b>IT IS THE COACHES' RESPONSIBILITY TO MAKE ARRANGEMENTS TO CHECK-IN HIS/HER SWIMMERS BY THE DESIGNATED TIME.</b>
<b>SCRATCHES</b>	
<b>SCRATCH PROCEDURE</b>	Using the Check-In Sheets: <ul style="list-style-type: none"> <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 SCRATCHED SWIMMERS</b>	If a swimmer who has been scratched from a Preliminary or Timed-Final event shows up to compete, that 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.





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	<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>	<p>No penalty shall apply for failure to withdraw or compete in an individual event if:</p> <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 the 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 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 MUST BE ENTERED IN AN INDIVIDUAL EVENT to be eligible to participate in a Time Trial.
<b>TIME TRIAL SCHEDULE</b>	<p>Time Trials shall be swum in the order listed under Order of Events as follows:</p> <p><b>Thursday:</b> No time trials offered.</p> <p><b>Friday:</b> Friday's events, followed by Saturday's events, followed by Sunday's events, followed by Thursday's events.</p> <p><b>Saturday:</b> Saturday's events, followed by Sunday's events, followed by Thursday's events, followed by Friday's events.</p> <p><b>Sunday:</b> Sunday's events, followed by Thursday's events, followed by Friday's events, followed by Saturday's events.</p>
<b>ENTRY LIMIT</b>	<p>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.</p> <p>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.</p>
<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.



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OFFICIALS	
<b>OFFICIALS' JOB SIGNUP</b>	<p>USA Swimming certified officials are welcome to officiate at this meet.</p> <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> <p>Questions or concerns can be sent to the Meet Referee or the KYLSC official's chair.</p>
<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>	<p>The Kentucky Swimming Long Course Championship, 13 &amp; 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 &amp; Turn) pending evaluator availability.</p> <p>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>.</p>

**PARKING:** No parking in the main member lot. In addition to the areas identified, the bicycle lanes on Blairwood Access Road will be used for parallel parking.





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2025 KYLSC Long Course Championship - Order of Events		
<b>DAY 1 – THURSDAY, JULY 17</b>		
<b>GIRLS</b>	<b>SESSION 1: 13&amp;OVER PRELIMS</b>	<b>BOYS</b>
1	13-14 50 Backstroke	2
3	Open 50 Backstroke	4
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
<b>SESSION 2: 13&amp;OVER 1500 FREESTYLE FINAL</b>		
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.		
<b>SESSION 3: 13&amp;OVER FINALS</b>		
1	13-14 50 Backstroke	2
3	Open 50 Backstroke	4
601	Mixed 50 PARA	601
5	13-14 200 Freestyle	6
7	Open 200 Freestyle	8
602	Mixed 100 PARA	602
9	13-14 100 Breaststroke	10
11	Open 100 Breaststroke	12
603	Mixed 200 PARA	603
13	13-14 200 Butterfly	14
15	Open 200 Butterfly	16
19	14&Under 400 Medley Relay <sup>2</sup>	20
21	Open 400 Medley Relay <sup>2</sup>	22
<sup>2</sup> Timed Final Event		
<b>DAY 2 – FRIDAY, JULY 18</b>		
<b>SESSION 4: 13&amp;OVER PRELIMS</b>		
23	Open 50 Butterfly	24
25	13-14 50 Butterfly	26
27	Open 200 Backstroke	28
29	13-14 200 Backstroke	30
31	Open 100 Freestyle	32
33	13-14 100 Freestyle	34
35	Open 400 IM	36
37	13-14 400 IM	38
<b>SESSION 5: 12&amp;UNDER FINALS</b>		
Award break after each event		
101	11-12 50 Butterfly	102
103	10&Under 50 Butterfly	104
105	11-12 100 Breaststroke	106
107	10&Under 100 Breaststroke	108
109	11-12 200 Backstroke	110
111	10&Under 100 Freestyle	112
113	11-12 100 Freestyle	114
115	10&Under 200 IM	116
117	11-12 200 IM	118
119	Mixed 10&Under 200 Medley Relay	119
120	Mixed 12&Under 200 Medley Relay	120



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<b>SESSION 6: 13&amp;OVER FINALS</b>		
23	Open 50 Butterfly	24
25	13-14 50 Butterfly	26
604	Mixed 50 PARA	604
27	Open 200 Backstroke	28
29	13-14 200 Backstroke	30
605	Mixed 100 PARA	605
31	Open 100 Freestyle	32
33	13-14 100 Freestyle	34
606	Mixed 200 PARA	606
35	Open 400 IM	36
37	13-14 400 IM	38
39	Open 200 Freestyle Relay <sup>3</sup>	40
41	14&Under 200 Freestyle Relay <sup>3</sup>	42
<sup>3</sup> Timed Final Event		
<b>DAY 3 – SATURDAY, JULY 19</b>		
<b>SESSION 7: 13&amp;OVER PRELIMS</b>		
43	13-14 50 Freestyle	44
45	Open 50 Freestyle	46
47	13-14 200 Breaststroke	48
49	Open 200 Breaststroke	50
51	13-14 100 Butterfly	52
53	Open 100 Butterfly	54
55	800 Freestyle <sup>4</sup>	56
<sup>4</sup> 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.		
<b>SESSION 8: 12&amp;UNDER FINALS</b>		
Award break after each event		
121	11-12 50 Backstroke	122
123	10&Under 50 Backstroke	124
125	11-12 200 Freestyle	126
127	10&Under 200 Freestyle	128
129	11-12 100 Butterfly	130
131	10&under 100 Butterfly	132
133	11-12 200 Breaststroke	134
135	10&under 200 Medley Relay	136
137	12&Under 200 Medley Relay	138
<b>SESSION 9: 13&amp;OVER FINALS</b>		
55	800 Freestyle <sup>4</sup>	56
43	13-14 50 Freestyle	44
45	Open 50 Freestyle	46
607	Mixed 50 PARA	607
47	13-14 200 Breaststroke	48
49	Open 200 Breaststroke	50
608	Mixed 100 PARA	608
51	13-14 100 Butterfly	52
53	Open 100 Butterfly	54
609	Mixed 200 PARA	609
57	14&under 200 Medley Relay	58
59	Open 200 Medley Relay	60



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	DAY 4 – SUNDAY, JULY 20	
	<b>SESSION 10: 13&amp;OVER PRELIMS</b>	
61	Open 50 Breaststroke	62
63	13-14 50 Breaststroke	64
65	Open 100 Backstroke	66
67	13-14 100 Backstroke	68
69	Open 200 IM	70
71	13-14 200 IM	72
73	Open 400 Freestyle Relay <sup>5</sup>	74
75	14&Under 400 Freestyle Relay <sup>5</sup>	76
77	Open 400 Freestyle	78
79	13-14 400 Freestyle	80
	<sup>5</sup> Timed Final Event	
	<b>SESSION 11: 12&amp;UNDER FINALS</b>	
	Award break after each event	
139	11-12 50 Freestyle	140
141	10&Under 50 Freestyle	142
143	11-12 50 Breaststroke	144
145	10&Under 50 Breaststroke	146
147	11-12 200 Butterfly	148
149	10&Under 100 Backstroke	150
151	11-12 100 Backstroke	152
153	10&Under 200 Freestyle Relay	154
155	12&Under 200 Freestyle Relay	156
157	11-12 400 Freestyle	158
	<b>SESSION 12: 13&amp;OVER FINALS</b>	
61	Open 50 Breaststroke	62
63	13-14 50 Breaststroke	64
610	Mixed 50 PARA	610
65	Open 100 Backstroke	66
67	13-14 100 Backstroke	68
611	Mixed 100 PARA	611
69	Open 200 IM	70
71	13-14 200 IM	73
612	Mixed 200 PARA	612
77	Open 400 Freestyle	78
79	13-14 400 Freestyle	80



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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), Triton Swimming and Genesis Health Clubs - Blairwood Tennis, Swim & Fitness 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: Triton Swimming

**A hard copy listing of team entries, a signed Summary/Waiver, and a check for all entry fees must be submitted before the coaches meeting on the first day of the meet or before warmups on the first day your club is competing. If the host club does not receive payment by the start of the meet, your athletes will be changed to unattached 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 \_\_\_\_\_ Age Group \_\_\_\_\_ Date \_\_\_\_\_

Club \_\_\_\_\_ Coach \_\_\_\_\_ Cell # (at meet) \_\_\_\_\_

Accommodations needed: please describe.

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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.



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Qualifying Period - July 11, 2024, through July 13, 2025

Female 10 & Under			EVENT	Male 10 & Under		
SCM	LCM	SCY		SCY	LCM	SCM
00:37.59S	00:39.89L	00:33.79Y	50 Free	00:34.49Y	00:39.29L	00:38.29S
01:27.69S	01:31.19L	01:18.99Y	100 Free	01:19.19Y	01:29.29L	01:27.99S
03:17.29S	03:20.99L	02:57.69Y	200 Free	02:57.29Y	03:19.99L	03:16.79S
00:44.29S	00:48.19L	00:39.89Y	50 Back	00:41.89Y	00:47.39L	00:46.49S
01:37.39S	01:45.19L	01:27.69Y	100 Back	01:31.99Y	01:43.29L	01:42.19S
00:52.19S	00:53.99L	00:46.99Y	50 Breast	00:48.89Y	00:54.59L	00:54.29S
01:53.09S	01:59.79L	01:41.89Y	100 Breast	01:48.29Y	01:59.09L	02:00.29S
00:44.99S	00:47.09L	00:40.49Y	50 Fly	00:42.39Y	00:50.79L	00:47.09S
01:51.49S	01:52.99L	01:40.39Y	100 Fly	01:49.89Y	02:08.09L	02:01.99S
01:41.39S		01:31.29Y	100 IM	01:31.89Y		01:41.99S
03:40.89S	03:43.19L	03:18.99Y	200 IM	03:22.29Y	03:44.79L	03:44.59S
Female 11-12			EVENT	Male 11-12		
SCM	LCM	SCY		SCY	LCM	SCM
00:32.69S	00:32.59L	00:29.39Y	50 Free	00:30.09Y	00:33.79L	00:33.39S
01:11.39S	01:12.89L	01:04.29Y	100 Free	01:05.39Y	01:15.69L	01:12.59S
02:41.19S	02:37.19L	02:25.19Y	200 Free	02:27.49Y	02:44.79L	02:43.79S
05:33.79S	05:40.39L	06:31.29Y	400/500 Free	06:31.49Y	05:50.89L	05:42.59S
00:37.99S	00:38.59L	00:34.19Y	50 Back	00:35.19Y	00:40.99L	00:39.09S
01:21.79S	01:24.99L	01:13.69Y	100 Back	01:17.09Y	01:29.59L	01:25.59S
03:02.09S	03:09.89L	02:43.99Y	200 Back	02:39.69Y	03:05.19L	02:57.29S
00:43.69S	00:45.09L	00:39.29Y	50 Breast	00:41.29Y	00:46.79L	00:45.89S
01:34.19S	01:37.79L	01:24.79Y	100 Breast	01:28.19Y	01:40.89L	01:37.89S
03:27.19S	03:35.99L	03:06.59Y	200 Breast	03:00.19Y	03:28.69L	03:20.09S
00:36.09S	00:37.09L	00:32.49Y	50 Fly	00:33.99Y	00:39.19L	00:37.79S
01:26.09S	01:25.69L	01:17.49Y	100 Fly	01:21.79Y	01:29.49L	01:30.79S
03:05.59S	03:10.19L	02:47.19Y	200 Fly	02:40.79Y	03:06.19L	02:58.49S
02:58.29S	02:59.49L	02:40.59Y	200 IM	02:43.59Y	03:06.29L	03:01.59S
Female 13-14			EVENT	Male 13-14		
SCM	LCM	SCY		SCY	LCM	SCM
00:29.69S	00:30.79L	00:26.69Y	50 Free	00:25.59Y	00:30.19L	00:28.49S
01:04.29S	01:06.99L	00:57.89Y	100 Free	00:56.19Y	01:05.19L	01:02.39S
02:21.29S	02:28.09L	02:07.29Y	200 Free	02:03.69Y	02:25.29L	02:17.29S
05:09.89S	05:16.09L	05:41.29Y	400/500 Free	05:33.89Y	05:07.59L	04:52.19S
10:35.29S	10:47.99L	12:07.59Y	800/1000 Free	11:30.19Y	10:29.39L	10:03.99S
20:15.49S	20:39.79L	20:12.19Y	1500/1650 Free	19:15.69Y	19:55.69L	19:22.69S
100 Back Qualifying Times			50 Back	100 Back Qualifying Times		
01:13.29S	01:17.79L	01:05.99Y	100 Back	01:04.39Y	01:18.69L	01:11.49S
02:38.39S	02:48.69L	02:22.69Y	200 Back	02:22.49Y	02:49.99L	02:38.19S
100 Breast Qualifying Times			50 Breast	100 Breast Qualifying Times		
01:26.49S	01:31.19L	01:17.89Y	100 Breast	01:14.89Y	01:28.09L	01:23.19S
03:06.19S	03:20.19L	02:47.69Y	200 Breast	02:44.39Y	03:16.89L	03:02.49S
100 Fly Qualifying Times			50 Fly	100 Fly Qualifying Times		
01:12.29S	01:17.89L	01:05.09Y	100 Fly	01:04.29Y	01:16.09L	01:11.39S
02:54.59S	03:02.29L	02:37.29Y	200 Fly	02:31.99Y	02:50.29L	02:48.79S
02:38.89S	02:47.39L	02:23.09Y	200 IM	02:19.69Y	02:42.89L	02:35.09S
05:47.49S	06:03.69L	05:12.99Y	400 IM	05:12.49Y	06:09.49L	05:46.89S
Senior Female			EVENT	Senior Male		
SCM	LCM	SCY		SCY	LCM	SCM
00:28.19S	00:29.29L	00:25.39Y	50 Free	00:22.59Y	00:26.79L	00:25.09S
01:00.99S	01:04.59L	00:54.89Y	100 Free	00:49.49Y	00:57.39L	00:54.99S
02:13.79S	02:18.09L	02:00.49Y	200 Free	01:49.49Y	02:07.49L	02:01.59S
04:47.79S	04:58.39L	05:26.69Y	400/500 Free	05:00.69Y	04:38.19L	04:26.69S
10:23.39S	10:36.29L	11:52.39Y	800/1000 Free	11:05.99Y	09:49.89L	09:38.39S
19:56.09S	20:28.39L	19:48.89Y	1500/1650 Free	18:39.99Y	19:13.39L	18:46.79S
100 Back Qualifying Times			50 Back	100 Back Qualifying Times		
01:08.09S	01:13.29L	01:01.29Y	100 Back	00:56.59Y	01:07.09L	01:02.89S
02:29.09S	02:40.29L	02:14.29Y	200 Back	02:05.49Y	02:27.89L	02:19.29S
100 Breast Qualifying Time			50 Breast	100 Breast Qualifying Time		
01:20.29S	01:27.09L	01:12.29Y	100 Breast	01:03.19Y	01:16.99L	01:10.19S
02:55.09S	03:11.69L	02:37.69Y	200 Breast	02:20.99Y	02:53.09L	02:36.49S
100 Fly Qualifying Times			50 Fly	100 Fly Qualifying Times		
01:07.09S	01:11.09L	01:00.39Y	100 Fly	00:54.59Y	01:04.49L	01:00.59S
02:39.29S	02:54.39L	02:23.49Y	200 Fly	02:07.49Y	02:39.19L	02:21.59S
02:29.79S	02:38.19L	02:14.89Y	200 IM	02:03.09Y	02:24.39L	02:16.69S
05:29.69S	05:49.79L	04:56.99Y	400 IM	04:32.19Y	05:21.99L	05:02.19S