



# Fast and Furious Invitational

## October 24-26, 2025

Held under USA Swimming Sanction #: KYSC26-OMM01

**Hosted by  
Owensboro  
Marlins**

<b>Location</b>	Owensboro Health Healthpark 1006 Ford Avenue Owensboro, KY 42301
<b>Facility</b>	The competitive indoor pool is 8 lanes 25 yards in length. The depth of the pool at the start end is 5 ft 6 in. The depth at the turn end is 12 ft. The seating for spectators is 500. Entry to the natatorium area is west of the Main Entrance. Colorado Timing System and a digital scoreboard be utilized.  <b>The Owensboro Marlins ensure the required course dimensions.</b>
<b>Medical Aide</b>	Owensboro Healthpark Staff and Lifeguards will be on duty, and an AED Device is available on the Pool Deck.
<b>Meet Referee</b>	Kristin Callis – <a href="mailto:kristincallis0204@gmail.com">kristincallis0204@gmail.com</a>
<b>Meet Director</b>	Beth Russell – <a href="mailto:bethrussell12@gmail.com">bethrussell12@gmail.com</a>
<b>Entry Chair</b>	Josh Henderson <a href="mailto:joshbhenderson@gmail.com">joshbhenderson@gmail.com</a>
<b>Visiting Officials</b>	Owensboro Marlins welcomes anyone who is a USA Certified Official to aide in officiating the meet. Please utilize the signup list on the meet event page at <a href="http://www.kylsc.org">www.kylsc.org</a> or contact the Meet Referee if you wish to officiate. We will accommodate any Apprentice Officials based on our ability to provide experienced mentors.
<b>Disclaimer</b>	In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
<b>Meet Type</b>	Timed Finals

Regulations/Waivers	
<b>USA Swimming Rules</b>	<ul style="list-style-type: none"> <li>At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet.</li> <li>Any swimmer entered in the meet <u>must</u> 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 without the use of the backstroke ledge. 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.</li> <li>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</li> <li>Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups.</li> <li>Deck changing is prohibited. Per USA Swimming Code of Conduct 304.3.7, persons violating this provision are subject to ejection from the facility.</li> <li>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.</li> <li>Flash photography is not permitted at the start of any race.</li> <li>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> </ul>
<b>Safe Sport 360</b>	<ul style="list-style-type: none"> <li>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</li> </ul>



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### Regulations/Waivers

	<p>policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.</p> <ul style="list-style-type: none"> <li>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.</li> <li>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 <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</li> <li>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.</li> <li>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.</li> </ul>
<b>Waiver/Release</b>	<ul style="list-style-type: none"> <li>By entering this meet, you are granting permission for the names of any or all your team's swimmers to be published in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.</li> <li>All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.</li> </ul>

### Meet Entry & Operation Guidelines

<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>All contestants must be currently registered USA Swimming members. Registrations will not be accepted at the meet.</li> <li>All adult athletes must hold current Athlete Protection Training certification.</li> <li>Age on the first day of the meet will determine age for the entire meet.</li> <li>Coaches must be current coach members of USA Swimming in Good Standing and must present credentials upon request.</li> </ul>
<b>Swimmers with a Disability</b>	<ul style="list-style-type: none"> <li>Owensboro Marlins welcomes swimmers with a disability.</li> <li>Entry Procedures: <ol style="list-style-type: none"> <li>Enter the USA-S swimmers with a disability electronically</li> <li>With your entries, submit the SWAD Coaches and Meet Referee Communication Form (form is on page 7 of this document).</li> </ol> </li> </ul>



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### Meet Entry & Operation Guidelines

	<ul style="list-style-type: none"> <li>Preferred seeding is in the swimmer's age group entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats.</li> <li>The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach</li> </ul>			
<b>Start Times</b>	<b>DATE</b>	<b>SESSION</b>	<b>WARM-UP START TIME</b>	<b>COMPETITION START TIME</b>
	10/24/2025	1	5:00 pm	6:00 pm
	10/25/2026	2	8:00 am	9:00 am
	10/25/2025	3	Not before 10:30 am	Not before 11:30 am
	10/26/2025	4	8:00 am	9:00 am
	10/26/2025	5	Immediately following session 4	10 minutes after session 4
	10/26/2025	6	Not before 11:45 am	Not before 12:30 pm
<b>Entry Limits</b>	<ul style="list-style-type: none"> <li>Swimmers may swim a maximum of 5 individual events per day.</li> <li>Swimmers may swim in a maximum of 1 relay event per day.</li> <li>Entries will be taken on a 1<sup>st</sup> Come; 1<sup>st</sup> Served basis and will close at max of 250 swimmers per session.</li> </ul>			
<b>Entry Fees</b>	<ul style="list-style-type: none"> <li>\$8 per individual event.</li> <li>\$12 per relay event.</li> <li>\$2.50 KY LSC surcharge per swimmer.</li> <li>\$15 Facility Fee per swimmer</li> </ul>			
<b>Entry Procedures</b>	<ul style="list-style-type: none"> <li>Deadline for receipt of entries is Friday, October 20, 2025, at 8:00pm.</li> <li>Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify, etc.). Send entries via email to: <a href="mailto:joshbhenderson@gmail.com">joshbhenderson@gmail.com</a></li> <li>Checks should be made payable to: <b>Owensboro Marlins</b>.</li> <li>"No Time" (NT) entries will be accepted.</li> <li>The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors at each session.</li> </ul>			
<b>Warm-up and Safety Guidelines</b>	<ul style="list-style-type: none"> <li>A complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants will be distributed in advance of the meet.</li> <li>Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees).</li> <li>Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner from the start end of the pool.</li> <li>No spectators allowed on deck.</li> </ul>			
<b>Competition Guidelines</b>	Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. All Deck Entries are at the discretion of the Meet Director and will be accepted only if the deck entries can be accomplished without the addition of extra heats. All deck entered swimmers will be placed in the first heat.			
<b>Time Trials</b>	There will not be time trials offered unless approved by the meet referee.			
<b>Awards</b>	Ribbons will be given out to places 1 thru 8 for individual events for 12 and under swimmers only (13 and over events will not receive ribbons even if 12 and under swimmers compete). High point individual awards will be given for the top swimmer in each age group and gender. Eight & Under events will be scored as 6 & Under and 7-8. Ten & Under events will be scored as 6 & under, 7-8, 9-10. Eleven & Over events will be scored as 11-12, 13-14 and 15 & Over. Thirteen & Over events will be scored 13-14 and 15 & Over. Only events designated for a particular age group will be scored for that age group for purposes of high point awards. An overall team award will be given.			



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### Meet Entry & Operation Guidelines

<b>Admission/ Heat Sheets</b>	<b>\$10.00</b> admission for all sessions <b>\$5.00</b> Heat Sheet for Meet
<b>Timers/Counters</b>	Clubs may be required to provide timers based upon their number of entries. Swimmers have to provide their own counters for the 500 freestyle and 1650 freestyle.
<b>Hospitality</b>	Food concessions will be available at the meet.

### ORDER OF EVENTS

Session 1 Friday, 10/24/2025 Warm-up: 5:00 pm   Start Time: 6:00 pm				Session 2 Saturday, 10/25/2025 Warm-up: 8:00 am   Start Time: 9:00 am		
Women	Event Description	Men		Women	Event Description	Men
1	13 & Over 400 IM	2		9	Open 200 Fly	10
3	11-12 200 IM	4		11	11-12 50 Fly	12
5	10 & Under 200 IM	6		13	13 & Over 100 Back	14
7	11 & Over 500 Free	8		15	11 -12 100 Back	16
				17	13 & Over 200 Free	18
				19	11-12 200 Free	20
				21	Open 200 Breast	22
				23	11-12 50 Breast	24
				25	13 & Over 100 Free	26
				27	11-12 100 Free	28
				29	Open 200 Free Relay	30
				31	13-14 200 Free Relay	32
				33	11-12 Free Relay	34
Session 3 Saturday, 10/25/2025 Warm-up: Not before 10:30 am Start Time: Not before 11:30 am				Session 3 Continued		
Women	Event Description	Men		Women	Event Description	Men
35	8 & Under 25 Fly	36		53	9-10 50 Free	54
37	9-10 100 Fly	38		55	8 & Under 100 Free Relay	56
39	8 & Under 50 Back	40		57	10 & Under 200 Free Relay	58
41	9-10 50 Back	42				
43	8 & Under 100 IM	44				
45	9-10 200 Free	46				
47	8 & Under 25 Breast	48				
49	9-10 100 Breast	50				
51	8 & Under 50 Free	52				



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<b>Session 4</b> <b>Sunday, 10/26/2025</b> <b>Warm-up: 8:00 am   Start Time: 9:00 am</b>				<b>Session 5</b> <b>Sunday, 10/26/2025</b> <b>Warm-up: Immediately after Session 4</b> <b>Start Time: 10 minutes after Session 4</b>		
Women	Event Description	Men		Women	Event Description	Men
59	13 & Over 200 IM	60		83	13 & Over 1650 Free	84
61	11-12 100 Fly	62				
63	13 & Over 100 Fly	64				
65	11-12 50 Back	66				
67	Open 200 Back	68				
69	11-12 100 Breast	70				
71	13 & Over 100 Breast	72				
73	11-12 50 Free	74				
75	13 & Over 50 Free	76				
77	Open 200 Medley Relay	78				
79	13-14 200 Medley Relay	80				
81	11-12 200 Medley Relay	82				

<b>Session 6</b> <b>Date</b> <b>Warm-up: Not before 11:45 am</b> <b>Start Time: Not before 12:30 pm</b>		
Women	Event Description	Men
85	8 & Under 25 Free	86
87	9-10 50 Fly	88
89	8 & Under 50 Fly	90
91	9-10 100 Back	92
93	8 & Under 25 Back	94
95	9-10 50 Breast	96
97	8 & Under 50 Breast	98
99	9-10 100 Free	100
101	8 & Under 100 Free	102
103	9-10 100 IM	104
105	8 & Under 100 Medley Relay	106
107	10 & Under 200 Medley Relay	108



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**Summary of Fees/Release Form**

Team Name	
Club Name	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total #	Cost per	Total
Individual Entries		\$8 per event	
Relay Entries		\$12 per relay	
KYLSC Swimmer Surcharge		\$2.50 per swimmer	
Facility Surcharge		\$15 per swimmer	
Total Fees Due			

Make Checks Payable to: OWENSBORO MARLINS

Waiver, Acknowledgement and Liability Release:

I / we hereby, for myself / ourselves, my / our heirs, administrators, assignees, and swimmers waive and release from any and all liabilities and claims against USA Swimming, Inc., Kentucky Swimming, Inc., the OWENSBORO HEALTH HEALTHPARK and staff, and OWENSBORO MARLINS for injuries and / or expenses incurred by me / us at the meet and / or while traveling to and from the meet.

I verify that every swimmer entered into the meet is a current registered Athlete Member of USA Swimming and that every coach representing our team at the meet will be a current Coach Member of USA Swimming in good standing.

\_\_\_\_\_  
Signature (Coach or Club Representative)

\_\_\_\_\_  
Club Title (Coach etc.)

\_\_\_\_\_  
Name of Club

\_\_\_\_\_  
Date

No entrant will be permitted to compete unless the entrant is a member as provided in Article 302.



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**SWIMMERS WITH A DISABILITY**  
**COACH AND MEET REFEREE COMMUNICATION**

TEAM		CLUB CODE	
COACH'S NAME			
COACH'S EMAIL		COACH'S PHONE	

Swimmer	Age Group	Event	Session	Necessary Accommodation

**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 the 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 accommodation. 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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**LODGING OPTIONS**

**[Hampton Inn & Suites Downtown Owensboro](#)**

**[Holiday Inn Owensboro Riverfront](#)**