

	<p style="text-align: center;">2025 Triton Turkey Plunge November 14-16, 2025 Held under USA Swimming Sanction by Kentucky Swimming KYSC26-TS01</p>	<p style="text-align: center;">Triton Swimming</p>
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Location:	The Genesis Blairwood Club 9300 Blairwood Road – Louisville, KY
Facility:	The competitive indoor/outdoor pool measures 17 lanes by 25 yards. The competition will occur in 10 lanes. The depth of the pool ranges from 4'6" to 12'. The depth of competition lanes is the same at both ends and ranges from 7'-12'. Colorado timing system and scoreboard are available. Timing for 25's will utilize the timing system with swimmers starting from the side of the pool if certified; otherwise, they must start in the water. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i> , Article 104.2.2C(4).
Locker Rooms:	Men's and Women's locker rooms are off the pool deck but are not accessible to parents during the meet. Parents who wish to accompany their swimmer to the locker rooms should utilize the restrooms in the lobby.
Meet Director:	Susan Vlahos sdvlahos@hotmail.com 502-552-3890
Meet Referee:	Jason Brown kylscoc@gmail.com 502-428-6041
Officials:	<p>Triton Swimming welcomes and encourages anyone who is a USA Swimming certified official to join the Kentucky Swimming officials in officiating this meet. We will accommodate any Apprentice Official based on our ability to provide experienced mentors. Please contact the Meet Referee (contact information above), in advance of the meet, if possible, to let them know of your availability, or sign up directly on the Kentucky Swimming website at www.kylsc.org, using the following information/instructions:</p> <ol style="list-style-type: none"> 1. SIGN IN on the KYLSC website 2. User ID email: volunteer@kylsc.org 3. Password: #1Volunteer 4. Go to the "Meets" tab, find Triton Turkey Plunge and click on "Job Signup" <p>There will be an officials' meeting one (1) hour before the start of each session.</p> <p>We are also looking for individuals interested in becoming an official. For more information please contact the KYLSC Official's Chair. Information is posted on the KYLSC website at www.kylsc.org.</p> <p>All meet officials serving in an official capacity must be members of USA Swimming or other World Aquatics organization. Except for coaches accompanying athletes participating under the provisions of 202.6 or USA Swimming's "open border" policy, all persons acting in any coaching capacity must be members of USA Swimming.</p>
Entry Chair:	Ann Id-Lougssiy Annidtriton@gmail.com 502-551-3707

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Medical Assistance:	<i>The pool deck will be staffed with certified Lifeguards provided by The Genesis-Blairwood Club. An AED device, if needed, is available on deck at one of the lifeguard stations.</i>
Disclaimer:	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.
Meet Type:	Timed Finals

Regulations/Waivers	
USA Swimming Rules & MAAPP	<p>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.</p> <p>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.</p> <p>The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.</p> <p>Changing into or out of swimsuits, except in designated locker rooms or other designated areas, is strictly prohibited.</p> <p>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.</p> <p>Deck changing is prohibited. Per USA Swimming Code of Conduct 304.3.7, persons violating this provision are subject to ejection from the facility.</p> <p>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.</p>

Meet Entry & Operation Guidelines	
Eligibility:	<p>All contestants must be currently registered USA Swimming members. Registrations will not be accepted at the meet.</p> <p>All adult athletes must hold current Athlete Protection Training certification.</p> <p>Age on the first day of the meet will determine age for the entire meet.</p> <p>Coaches must be current coach members of USA Swimming in Good Standing and must present credentials upon request.</p>

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Swimmers with a Disability	<p>Triton Swimming welcomes swimmers with a disability.</p> <p>Entry Procedures:</p> <ol style="list-style-type: none"> 1. Enter the USA-S swimmers with a disability electronically. 2. With your entries, submit the SWAD Coaches and Meet Referee Communication Form (form is on the last page of this document). <p>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.</p> <p>The Meet Referee will make the final determination of seeding after consultation with the swimmer and his/her coach.</p>			
Start Times	DATE	SESSION	WARM-UP START TIME (EST)	COMPETITION START TIME (EST)
	Friday	1	2:00 PM	3:00 PM
		2	4:30 PM	5:30 PM
	Saturday	3	7:15 AM	8:30 AM
		4	Not before 12:00 PM	Not before 1:00 PM
	Sunday	5	7:15 AM	8:30 AM
		6	Not before 12:00 PM	Not before 1:00 PM
Entry Limits	Swimmers may swim a maximum of 4 individual events per day.			
Entry Fees	<ul style="list-style-type: none"> • \$7.50 per individual event • \$12.00 per relay event • \$25.50 per swimmer surcharge (includes a \$3.00 KYLSC surcharge) • Deck Entry Fees are \$20.00 and are due at the start of the session • Checks should be made payable to: TRITON SWIMMING 			
Entry Procedures	<p>Send entries via email to: annidtriton@gmail.com</p> <p>Entries open on Monday, October 6, 2025 at 8am. Entries must be submitted in SCM using an electronic meet entry software (e.g. Hy-Tek/Team Unify). Triton reserves the right to restrict entries should the size become too great. "No Time" (NT) entries will be accepted.</p> <p>Deadline for receipt of entries is noon (EST) on Monday, October 27, 2025. Entry revisions may be made up until noon on Monday, November 13, 2025.</p> <p>Late entries after noon (EST) on Monday, November 13, 2025 through noon (EST) on Wednesday, November 15, 2025 will be subject to availability and will be assessed a \$20.00 late entry fee. These entries will be allowed at the discretion of the Meet Referee. Entries received after noon on Wednesday, November 15, 2025 will be considered Deck Entries. Deck Entries are subject to lane availability.</p> <p>Handwritten, telephoned, or faxed entries will not be accepted, except for the report sheet provided for use when entering swimmers with a disability. If the USA Swimming ID for any swimmer is omitted, that swimmer's entries will not be accepted.</p>			
Deck Entries	<p>Deck entries will be accepted at the discretion of the Meet Director and Meet Referee. Only events with open lanes will be filled. NO heats will be added. Deck entries will cost \$20.00 per event.</p>			

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Meet Entry & Operation Guidelines	
Warm-up, Safety Guidelines, Cool Down	<p>Teams will be assigned lanes or the meet host will post an Open Format warm-up lane schedule two days prior to the meet.</p> <p>Warm up procedure will be determined by the number of swimmers entered. Warm-ups will be monitored by the Meet Marshal.</p> <p>Coaches must maintain contact with their swimmers during warm-up time.</p> <p>Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner from the starting end of the pool.</p> <p>Warm-up/Cool-Down lanes will be provided during all sessions in shallow lanes. Athletes must abide by the rules of warm-up.</p> <p>Only athletes entered in the meet, working coaches, officials, and meet workers are allowed in designated areas on deck. Other non-participants are expected to remain in the spectator area.</p>
Competition Guidelines	<p>Time Standards: There are no time standards for this meet.</p> <p>Positive Check-In: All events 400 Meters and longer will require positive check-in 45 minutes before the beginning of the session in which the event is to be swam. Check-in sheets will be located behind the head table. No other events need to be checked in.</p>
Clerk of Course:	<p>No Clerk of Course will be provided.</p>
Scoring	<p>Individual Events 16 places – 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1</p>
Awards	<p>Ribbons will be awarded for swimmers 12 and under placing 1st through 10th. No awards will be given for swimmers 13 and over.</p>
Admission	<p>Admission is free.</p>
Results	<p>Results will be posted at the meet, on www.KYLSC.org, and emailed to teams.</p>
Timers	<p>While the host club will provide 2 lane timers for each session of the meet, we welcome any parent who would like to volunteer. Please reach out to the Meet Director with any volunteers from your club.</p>
Hospitality	<p>Hospitality will be offered for coaches and officials.</p>

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ORDER OF EVENTS

Session 1 - Friday Warm-up 2:00 pm / Start 3:00 pm		
Women	Event Description	Men
1	Open 1000 Freestyle *	2

* swum fastest to slowest

Session 2 - Friday PM Warm-up 4:30 pm / Start 5:30 pm		
Women	Event Description	Men
3	Open 400 IM*	4
5	12&U 200 IM	6
7	Open 500 Freestyle *	8
9	12&U 200 Freestyle	10

* swum fastest to slowest

Session 3 - Saturday AM Warm-up 7:45 am / Start 9:00 am *4 event limit this session		
Women	Event Description	Men
11	Open 100 Freestyle	12
13	13-14 100 Freestyle	14
15	Open 200 IM	16
17	13-14 200 IM	18
19	Open 100 Breaststroke	20
21	13-14 100 Breaststroke	22
23	Open 100 Butterfly	24
25	13-14 100 Butterfly	26
27	Open 200 Backstroke	28
29	13-14 200 Backstroke	30
31	Open 200 Medley Relay	32

Session 4 - Saturday PM Warm-up Not before noon / Start not before 1:15 pm *4 event limit this session		
Women	Event Description	Men
33	11-12 100 Backstroke	34
35	10&U 100 Backstroke	36
37	7-8 25 Backstroke	38
39	6&U 25 Backstroke	40
41	11-12 50 Butterfly	42
43	10&U 50 Butterfly	44
45	7-8 25 Butterfly	46
47	6&U 25 Butterfly	48
49	11-12 100 Freestyle	50
51	10&U 100 Freestyle	52
53	7-8 25 Freestyle	54
55	6&U 25 Freestyle	56
57	11-12 50 Breaststroke	58
59	10&U 50 Breaststroke	60
61	7-8 25 Breaststroke	62
63	6&U 25 Breaststroke	64
65	11-12 200 Medley Relay	66
67	9-10 200 Medley Relay	68
69	8&U 200 Medley Relay	70

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Session 5 - Sunday AM Warm-up 7:45 am / Start 9:00 am *4 event limit this session		
Women	Event Description	Men
71	Open 100 Backstroke	72
73	13-14 100 Backstroke	74
75	Open 200 Butterfly	76
77	13-14 200 Butterfly	78
79	Open 50 Freestyle	80
81	13-14 50 Freestyle	82
83	Open 200 Breaststroke	84
85	13-14 200 Breaststroke	86
87	Open 200 Freestyle	88
89	13-14 200 Freestyle	90
91	Open 200 Freestyle Relay	92

Session 6 - Sunday PM Warm-up Not before noon / Start not before 1:15 pm *4 event limit this session		
Women	Event Description	Men
93	11-12 100 Butterfly	94
95	10&U 100 Butterfly	96
97	11-12 50 Freestyle	98
99	10&U 50 Freestyle	100
101	11-12 100 Breaststroke	102
103	10&U 100 Breaststroke	104
105	11-12 50 Backstroke	106
107	10&U 50 Backstroke	108
109	11-12 100 IM	110
111	10&U 100 IM	112
113	11-12 200 Freestyle Relay	114
115	10&U 200 Freestyle Relay	116

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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		\$7.50 per event	
Relay Entries		\$12.00 per event	
Swimmer Surcharge (\$3.00 KYLSC)		\$25.50 per swimmer	
Total Fees Due			

Make Checks Payable to: Triton Swimming

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 Genesis-Blairwood and staff, and Triton 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/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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SWIMMING Necessary Accommodation Form - Coach/Meet Referee Communication

Swimmer's Name: P1 P2 P3 Date: _____

Meet: _____ Club: _____ LSC: _____

Coach: _____ Coach Cell # (at meet): _____

Please state all requested accommodations and modifications.

Modifications needed; please describe. 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.

Session	Event	Heat	Lane	Modification(s) Per Article 105

Examples of Meet Accommodations and Modifications in accordance with Article 105

- Towel on the block to start
- Assistance at the block before and/or during the start
- Takes longer to get to the block or exit the pool
- Preferred lane placement and/or exit to ladder - Sitting or alternative position on block (105.5.1.E(1))
- Starter's arm signals (105.3.1)
- Personal Assistant for mobility, tapper (B/VI) or communication
- Legs, due to immobility, are unable to perform the Breaststroke Kick
- Any modification of a technical rule allowing parallel performance for a swimmer with disability