



**2026 Owensboro Marlins Freeze Out**  
**January 10-11, 2026**  
Held under USA Swimming Sanction #KYSC26-OMM02

Hosted by  
**Owensboro**  
**Marlins**

<b>Location:</b>	Owensboro HealthPark, 1006 Ford Ave. Owensboro KY 42301
<b>Facility:</b>	8 lanes with SST Timing System. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The depth of the pool at the start end is 5 feet, 6 inches. The depth at the turn end varies from 5 foot, 6 inches to 12 feet deep.
<b>Meet Director:</b>	Beth Russell Bethrussell12@gmail.com
<b>Meet Referee:</b>	Kristin Callis KristinCallis0204@gmail.com
<b>Entry Chair:</b>	Joshua Henderson joshbhenderson@gmail.com
<b>Visiting Officials</b>	Owensboro Marlins welcomes anyone who is a USA Certified Official to aide in officiating the meet. Please contact the meet referee if you wish to officiate. We will accommodate any Apprentice Officials based on our ability to provide experienced mentors.
<b>Medical Aide:</b>	Lifeguards are on duty. AED Device Available on Pool Deck. We are adjacent to a convenient care.
<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.</li><li>• 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></ul>
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**Safe Sport 360**

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.

- 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.
- 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](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.
- 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.

**Regulations/Waivers**

**Waiver/Release**

- 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.
- 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.

**Meet Entry & Operation Guidelines**

**Eligibility:**

- All contestants must be currently registered USA Swimming members. Registrations will not be accepted at the meet.
- All adult athletes must hold current Athlete Protection Training certification.
- Age on the first day of the meet will determine age for the entire meet.



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	<ul style="list-style-type: none"> <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>	<p>Owensboro Marlins welcomes swimmers with a disability.</p> <p>Entry Procedures:</p> <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 8 of this document).</li> </ol> <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>

**Meet Entry & Operation Guidelines**

Start Times	DATE	SESSION	WARM-UP START TIME	COMPETITION START TIME
	1/10	Session 1 Saturday Morning	8:00 AM	9:00 AM
	1/10	Session 2 Saturday Afternoon	Immediately following the morning session	15 minutes after the conclusion of the morning session
	1/11	Session 3 Saturday Morning	8:00 AM	9:00 AM
	1/11	Session 4 Sunday Afternoon	Immediately following the morning session	15 minutes after the conclusion of the morning session
<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 a max of 250 swimmers per session.</li> </ul>			
<b>Entry Fees</b>	\$8.00 per individual event. \$12.00 per relay event. \$15.00 facility fee per swimmer \$2.50 KY LSC surcharge per swimmer.			
<b>Late Entries</b>	<ul style="list-style-type: none"> <li>Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.</li> <li>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.</li> <li>Fees are \$12.00 per individual event and \$16.00 relays due when turning in deck entries.</li> </ul>			
<b>Entry Procedures</b>	<p>Entries may be e-mailed to: <a href="mailto:joshbhenderson@gmail.com">joshbhenderson@gmail.com</a></p> <p>Deadline for receipt of entries is January 02, 2026</p> <ul style="list-style-type: none"> <li>Checks should be made payable to: Owensboro Marlins.</li> </ul>			



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	<ul style="list-style-type: none"> <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> <p><i>Handwritten, telephoned, or faxed entries will not be accepted with the exception of the report sheet provided for utilization when entering swimmers with a disability. If the USA Swimming ID for any swimmer is omitted, that swimmer's entries will not be accepted.</i></p>
<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>	<p>All USA Swimming Registered Officials and Coaches are required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.</p> <p><b>All coaches need to check in with the Meet Director to get credentials to be on deck.</b></p>
<b>Awards</b>	<ul style="list-style-type: none"> <li>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).</li> <li>An overall team award will be given.</li> <li>Every attempt will be made to have ribbons and awards ready at the end of the meet, but they may be mailed later.</li> </ul>
<b>Admission/ Heat Sheets</b>	<p><b>\$3.00 admission per day (children 12 and under free)</b>  <b>\$10.00 admission for all sessions</b>  <b>\$5.00 Heat Sheet for Meet</b>  <b>Food concessions will be available</b></p>
<b>Timers/Counters</b>	<p>Clubs may be required to provide timers based upon their number of entries. Swimmers have to provide their own counters and timers for the 500 freestyle and 1650 freestyle.</p>
<b>Hospitality</b>	<p>Will be available to all coaches and officials.</p>

**Session 1: Saturday, January 10, 2026, Warm-Ups at 8:00 AM; Session Begins at 9:00 AM**

Girls Event #	Age	Event	Boys Event #
1	Open	200Y Medley Relay	2
3	12 and Under	200Y IM	4



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5	Open	200Y IM	6
7	8 and Under	50Y Breaststroke	8
9	12 and Under	50Y Breaststroke	10
11	Open	200Y Breaststroke	12
13	8 and Under	50Y Backstroke	14
15	12 and Under	100Y Backstroke	16
17	Open	100Y Backstroke	18
19	8 and Under	25Y Butterfly	20
21	12 and Under	100Y Butterfly	22
23	Open	100Y Butterfly	24
25	8 and Under	25Y Freestyle	26
27	12 and Under	100Y Freestyle	28
29	Open	100Y Freestyle	30

**Session 2: Saturday, January 10, 2026, WARM-UPS Immediately following morning session; SESSION BEGINS 15 minutes after the morning session concludes**

Girls Event #	Age	Event	Boys Event #
31	Open	500 Free	32
33	Open	400 IM	34

**Session 3: Sunday, January 11, 2026, Warm-Ups at 8:00 AM; Session Begins at 9:00 AM**

Girls Event #	Age	Event	Boys Event #
35	Open	200Y Freestyle Relay	36
37	12 and Under	200Y Freestyle	38



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39	Open	200Y Freestyle	40
41	8 and Under	50Y Freestyle	42
43	12 and Under	100Y Breaststroke	44
45	Open	100Y Breaststroke	46
47	8 and Under	25Y Breaststroke	48
49	12 and Under	50Y Backstroke	50
51	Open	200Y Backstroke	52
53	8 and Under	25Y Backstroke	54
55	12 and Under	50Y Freestyle	56
57	Open	50Y Freestyle	58
59	8 and Under	50Y Butterfly	60
61	12 and Under	50Y Butterfly	62
63	Open	200Y Butterfly	64
65	8 and Under	100Y IM	66

**Session 4: Sunday, January 11, 2026, WARM-UPS Immediately following morning session; SESSION BEGINS 15 minutes after the morning session concludes**

<b>Girls Event #</b>	<b>Age</b>	<b>Event</b>	<b>Boys Event #</b>
67	Open	1650 Free	68



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Item	Total #	Cost per	Total
Individual Entries		\$8.00 per event	
Relay Entries		\$12.00 per relay	
KYLSC Swimmer Surcharge		\$2.50 per swimmer	
Facility Surcharge		\$15.00 per swimmer	
<b>Total Fees Due</b>			

Make Checks Payable to: Owensboro Marlins

Mail to:

**Beth Russell**, Meet Director

Owensboro Marlin Swimming, Inc

P.O. Box 296

Owensboro KY 42302-0296

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 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.

**CLUB**

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Signature (Coach or Club Representative)

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Club Title (Coach etc.)

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



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**KENTUCKY SWIMMING Necessary Accommodation Form – Athlete**

Swimmer's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Meet: \_\_\_\_\_

Club: \_\_\_\_\_ LSC: \_\_\_\_\_ Coach: \_\_\_\_\_

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

**Accommodations needed; please describe.**


**Modifications needed; please describe.**

Session	Event	Heat	Lane	Modification(s) Per Article 105

**Examples of Meet Accommodations and Modifications in accordance with Article 105**

Towel on block to start.  
Assistance at the block before and/or during the start  
Takes longer to get to the block or exit 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 Breaststroke Kick  
Any modification of a technical rule allowing parallel performance for a swimmer with a disability.

**Please state all requested accommodations and modifications. 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.**