

2026 Iron Swimmer

Hosted by TNT Swim Team

Jan. 10, 2026

SANCTION Sanctioned by USA Swimming, Inc.; issued by Kentucky Swimming, Inc.; KYSC26-TNT02

LOCATION Falling Spring Rec. Center; 275 Beasley Drive; Versailles, KY 40383
Take Exit 68 off of the Bluegrass Parkway • proceed 0.5 miles northbound on KY 33 to the stoplight intersection with KY 2113 (Falling Springs Blvd.) • turn left (westbound) onto KY 2113 • proceed 2.5 miles to the parking lot entrance on your left • pool is around to the right as you enter the facility.

FACILITY 8 lane, 25 yard indoor pool with Kiefer lanes; fully automatic timing.

POOL MEASUREMENTS: TNT will ensure the required course dimensions.

WATER DEPTH: The depth of the pool at the start end is 12 feet. The depth at the turn end is 4 feet.

SAFETY PERSONNEL: Lifeguards will be on duty during the conduct of the meet. An AED is available at the facility.

DISCLAIMER: It is understood and agreed that USA Swimming and Kentucky Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

FORMAT Timed finals age group meet open to USA Swimming registered athletes and teams: 10 & Under, 11-12, 13-14, and Open age divisions. Please utilize short course yard times when making entries.

OFFICIALS **Meet Director:** Marvin Watson (859-873-8581) swimmarv@hotmail.com.
Referee: David Barnes (859-351-3910) david@barnes.pro

TNT welcomes the assistance of officials from visiting teams or volunteers who would like to apprentice at this meet. Please contact David Barnes at david@barnes.pro to make arrangements.
Please bring your current USA Swimming membership card with you to the meet.

SPECTATORS: Admission is free.

PARKING: The Falling Springs Center has a large parking lot available at no cost.

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

Any swimmer entered in the meet must 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.

Athlete Protection Policy: 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. Locker rooms will be available to swimmers only. Coaches, officials and meet workers will use the restrooms in the lobby.

The use of audio or video recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.

Deck Changing is prohibited.

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. Exceptions may be granted with prior written approval by the Program & Events Committee Coordinator (or his/her designee).

Deck Access: Only athletes entered in the meet, coaches, officials, and meet workers will be allowed on deck.

ENTRY DEADLINE: Entries are due by Sunday, Jan. 4, 2026. Send entries to swimmarv@hotmail.com

ENTRY FEES: FEES \$6.00 per Individual Event entry
 \$2.50 per swimmer Kentucky Swimming LSC surcharge +
 \$12.50 per swimmer facility surcharge = \$15.00 total

ENTRY LIMITATIONS: Swimmers may enter up to five (5) individual events

DECK ENTRIES: Deck entries will be permitted if open lanes are available. On-deck registration with USA Swimming will be permitted when proof of the athlete registration is shown to the meet referee.

ELIGIBILITY: Swimmers must be current athlete members of USA Swimming as provided in Article 302 or as provided under 202.6 or USA Swimming "open border" policy. Age is as of the first day of the meet.
Coaches must be current coach members of USA Swimming and must wear credentials during the meet.

CONDUCT: The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations. Events will be contested in a short course yards pool. All events will be pre-seeded; no events will be deck seeded. Heats will be swum slowest to fastest.

AWARDS: 1st through 8th place ribbons will be awarded in each event.

RESULTS: Will be posted on www.KYLSC.org and <https://tnt-swimming.com>

SAFETY/WARM-UP: Coaches must maintain contact with their swimmers during warm-up. All entry into the pool for warm-up is feet first from the end of the pool. There is no diving during warm-ups, except in designated sprint lanes.

OFFICIALS: All meet directors, referees, starters and stroke and turn judges serving in an official capacity must be members of USA Swimming or other FINA-member 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.

HOSPITALITY: Will be provided to coaches and meet officials.

WARM-UPS: To start at 9:30 A.M. A complete schedule of lane assignments and times for all warm-up procedures which must be adhere to by all participants will be emailed by Noon on Friday, Jan. 9, 2026 and posted at the pool.

Saturday • Jan. 10, 2026
ORDER of EVENTS • AM SESSION 1
 Warm-up at 9:30 AM - Competition starts at 10:30 AM

Girls		Events	Boys
1	** open	400 yd. Individual Medley	2
3	8 & under	50 yd. Freestyle	4
5	9-10	50 yd. Freestyle	6
7	11-12	50 yd. Freestyle	8
9	**open	100 yd. Butterfly	10
11	** open	100 yd. Individual Medley	12
13	10 & under	100 yd. Individual Medley	14
15	11-12	100 yd. Individual Medley	16
17	12 & under	200 yd. Individual Medley	18
19	**open	200 yd. Freestyle	20
21	** open	50 yd. Breaststroke	22
23	10 & under	25 yd. Backstroke	24
25	** open	100 yd. Backstroke	26
27	8 & under	50 yd. Butterfly	28
29	9-10	50 yd. Butterfly	30
31	11-12	50 yd. Butterfly	32
33	** open	50 yd. Freestyle	34
35	10 & under	25 yd. Breaststroke	36
37	** open	100 yd. Breaststroke	38
39	8 & under	50 yd. Backstroke	40
41	9-10	50 yd. Backstroke	42
43	11-12	50 yd. Backstroke	44
45	** open	50 yd. Butterfly	46
47	10 & under	25 yd. Freestyle	48
49	** open	100 yd. Freestyle	50
51	8 & under	50 yd. Breaststroke	52
53	9-10	50 yd. Breaststroke	54
55	11-12	50 yd. Breaststroke	56
57	** open	50 yd. Backstroke	58
59	10 & under	25 yd. Butterfly	60
61	** open	200 yd. Individual Medley	62
63	10 & under	100 yd. Freestyle	64
65	11-12	100 yd. Freestyle	66
67	open	500 yd. Freestyle	68
69	8 & under	200 yd. Freestyle Relay	70
71	12 & under	200 yd. Freestyle Relay	72
73	open	200 yd. Medley Relay	74

**** denotes multi-age-group events with divisions being: 14 & under and 15 & over**

ENTRY / WAIVER FORM

THIS PAGE MUST BE COMPLETED AND RETURNED BY THE START OF THE MEET ON SATURDAY, JAN. 10, 2026 FOR THE TEAM'S ENTRY TO BE ACCEPTED.

WAIVER: 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 Falling Springs Center and staff, and Thorobred Nautical Team (TNT) 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 LISTED ON THE ENCLOSED ENTRY FORM IS A CURRENT REGISTERED ATHLETE MEMBER OF USA SWIMMING AND THAT EVERY COACH REPRESENTING OUR TEAM AT THIS MEET WILL BE A CURRENT COACH MEMBER OF USA SWIMMING.*

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, KENTUCKY SWIMMING, THOROBRED NAUTICAL TEAM (TNT). AND FALLING SPRINGS CENTER AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Signature of Club Official _____

Date _____

ENTRY RECAP

TOTAL SWIMMERS ENTERED FOR SURCHARGES _____ x \$15.00 \$ _____

TOTAL HY-TEK INDIVIDUAL EVENTS ENTERED _____ x \$ 6.00 \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

Make checks payable to: **TNT Swim Team**

Bring Check and Waiver to: Marvin Watson upon arrival Saturday morning, Jan. 10, 2026

Held under the sanction of USA Swimming, sanction: KYSC26-TNT02