

Alexis Swift Invitational
Friday, Saturday and Sunday, Sept. 26 - 28, 2025

Sanction	Sanctioned by USA Swimming, Inc.; issued by Kentucky Swimming, Inc #KYSC26-RACE-01
Location	Warren County Academic and Aquatic Center 303 Lovers Lane Bowling Green, KY 42103 (I-65 Exit 26, west towards town, left on Lover's Lane (1 st light), then approx. ½ mile on right, behind Board of Education building beside Briarwood Elementary)
Meet Director:	Caty Flikkema caty@raceaquatics.org 406-539-1849
Meet Referee:	Tracy Flikkema
Admin. Official:	Jessica Payne
Entry Chair:	Caty Flikkema caty@raceaquatics.org 406-539-1849
Officials	RACE Aquatics welcomes and asks for the assistance of certified officials to assist in any capacity, including timers.
Facility	The Warren County Academic and Aquatic Center. It is an 8-lane facility. Competition will use 6 lanes, keeping one lane as a buffer, and one lane for warm-up, cool-down. Pool Depth: 4 ft. at shallow end and 12 ft. 6 in. at deep end. The competition course has been certified in accordance with article 104.2.2C(4) Bleacher and chair seating is available. NO FOOD OR DRINKS OTHER THAN WATER ALLOWED on the POOL DECK (this includes the Bleacher/seating area). Food is allowed in the lobby.
Medical Supervision	AED Device, standard first aid kit
Parking	Ample free parking is available behind the Board of Education, and in Briarwood Elementary Lot
Awards	Event ribbons awarded for 8&U, 9-10, 11-12, 1st-8th place. Ribbons will be MAILED. (Allow 10-14 days)
Admission	No Admission charge, heat sheets may be sold

Format	<p>This is a timed-finals swim meet. The entries will be open to the first 300 USA Swimming registered swimmers and/or the 4 hour time limit, whichever comes first. If a session will exceed the four hour limit meet management reserves the right to split a session into two determined by age groups. No on-deck registration. Events will run slowest to fastest with the exception of 400 and over events. Fly-over starts may be used at the discretion of the Meet Referee (and communicated in the coaches meeting).</p> <p>More information and updated meet information can be found on the website: RACEAQUATICS.ORG</p>
Eligibility	<ol style="list-style-type: none"> 1. Swimmers must be current athlete members of USA Swimming as provided in Article 302. 2. Age is as of the first day of the meet, September 26, 2025. 3. Coaches must be current coach members of USA Swimming and must wear credentials during the meet. 4. 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. 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. 5. All swimmers must be 18&U as stipulated by Race Aquatics Contract with Warren County Public Schools.
Entry Limits	Each swimmer may enter a maximum of five events per day.
Entry Fees	<p>\$8.00 per individual event (includes the KYLSC surcharge of \$0.35)</p> <p>\$12.00 per relay</p> <p>\$10* per individual deck entry (only swimmers already registered)</p> <p>* Accepted at the discretion of the Meet Referee; payable at the meet.</p> <p>Entry fees are non-refundable.</p>
Surcharges	<p>\$2.50 per swimmer KYLSC surcharge</p> <p>\$20.00 per swimmer facility surcharge</p> <p>Make one check payable to: RACE Aquatics</p>
Entry Deadline	<p>Friday, September 19, 2025, 6:00 pm</p> <p>Late entries may not be accepted. Limited revisions accepted after deadline.</p> <p>Email entries to entry chair Caty Flikkema (caty@raceaquatics.org). Files must be loadable into Hytek Meet Manager. An Entry Report will be returned to each team to verify entries.</p> <p>Mail waiver and payment to:</p> <p style="text-align: center;">RACE Aquatics PO Box 51614 Bowling Green, KY 42102</p>

Clerk of Course May be used as needed for 10u events

Warm-ups

Warm-Up Notes Teams will be assigned lanes based on the number of swimmers in the meet.

Schedule

Friday:

Warm-up 5:00pm, meet start 6:00pm

1650 Freestyle positive check in due by end up warm-ups

Swimmers must provide own timers and lap counters

Saturday

Warm-up 8:00am, meet start 9:00am

1000 Freestyle positive check in due by end of warm-ups

Swimmers must provide own timers and lap counters

Sunday:

500 Freestyle Warm-up 7:00 am, 500 Freestyle start time 8:00am

General warm-up After 500 Freestyle finish. Start time will be sent out prior to meet start.

500 Freestyle positive check in due by 7:30 am

Swimmers must provide own timers and lap counters

8 Lanes may be used if needed (depending on meet management and referee)

The schedule will be subject to change depending upon the timeline.

Miscellaneous

Official's Meeting There will be an official's meeting 45 minutes prior to the start of swimming competition.

Coaches Meeting A coaches' meeting may be held 15 minutes prior to the start of competition on Saturday morning. Additional coaches' meetings as necessary.

Concessions No concession will be sold.

SWIMMERS WITH A DISABILITY:

Recommended Procedure: Entries for swimmers with a disability should be handled in the following manner.

- 1) Enter the swimmer in the Hy-Tek database.
- 2) Complete and submit with entries the **Swimmers with a Disability Coach and Meet Referee Communication Form** <https://www.gomotionapp.com/team/szkyslsc/page/kylsc-meets>.
- 3) Provide any information about special accommodations needed by the swimmer.

OFFICIATING OPPORTUNITY:

Anyone that is a USA Swimming certified official is welcome and encouraged to join the Kentucky Swimming officials in officiating this meet. Please contact the meet director in advance of the meet if possible to apprise her of your availability at catv@raceaquatics.org. 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.

RULES:

- Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern 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.
- Use of audio or video recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.
- Changing into or out of swimsuits other than in the locker rooms or other designated areas "deck changing" is not appropriate and 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).

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.

Event Order

Friday, September 26, 2025

Warm-up 5:00pm, Competition 6:00pm

Event Women	Friday	Event Men
1	11&O Mixed 400 IM	
2	9&O Mixed 200 Back	
3	11&O Mixed 1650 Free	

Saturday, September 27, 2025

Warm-up:8:00am, Competition 9:00am

Event Women	Saturday	Event Men
5	Open 200 Free	6
7	Open 50 Breast	8
9	8&U 25 Back	10
11	Open 100 Back	12
13	8&U 25 Fly	14
15	Open 100 Fly	16
17	Open 50 Free	18
19	Open 100 IM	20
21	9&O 200 Breast	22
23	11&O Mixed 1000 free	

Sunday, September 30, 2025
 500 Warm-up: 7:00am, Competition 8:00am
 General warm-up: After finish of 500

Event Women	Sunday	Event Men
25	9&O Mixed 500 Freestyle	
27	Open 50 Back	28
29	9&O 200 Fly	30
31	8&U 25 Free	32
33	Open 100 Free	34
35	Open 50 Fly	36
37	8&U 25 Breast	38
39	Open 100 Breast	40
41	Open 200 IM	42

Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for him/herself, the club and its swimmers, their successors and assigns, hereby release and forever discharge RACE Aquatics Swim Club and its Board of Directors, USA Swimming, Warren County Public School System, Kentucky Swimming, Inc., Warren County Park & Rec Dept. and each of their respective officers, agents, employees, members, successors and assigns, and all other persons in any way connected with this swim meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event. Further the undersigned representative and his swimmers shall indemnify and hold harmless RACE Aquatics Swim Club, USA Swimming, Kentucky Swimming, Inc., Warren County Public School System, and Warren County Park & Rec Dept. and the officers, trustees, agents, employees and members of the foregoing and all other persons in any way connected with this event, from any and all other losses, expenses, damages, demands and claims arising out of or in connection with any injury, including death, or alleged injury or damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Executed this _____ day of _____, 2023

SIGNATURE _____ POSITION _____

ENTRY PERSON _____ PHONE _____

TEAM _____ TEAM CODE _____

TEAM ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

RECAP OF ENTRIES:

_____ Individual Events x \$8.00 =	\$ _____
_____ Relay Events x \$12.00 =	\$ _____
_____ Total Swimmers Entered for KYLSC Surcharge x \$2.50	\$ _____
=	
_____ Total Swimmers Entered for Facility Fee x \$20.00 =	\$ _____
	Total \$ _____

Make Checks Payable to RACE Aquatics and mail to:

RACE
Aquatics PO
Box 51614
Bowling Green, KY 42102

**No swimmer will be permitted to compete unless the entrant is a member as provided in Article
302 Held under the sanction of USA Swimming**