

	<p style="text-align: center;"><b>2025 Splash N Dash at UofL</b>  <b>September 27, 2025</b>  Held under USA Swimming Sanction #KYSC26-CARD01.</p>	<p style="text-align: center;"><b>Hosted by</b>  <b>Cardinal</b>  <b>Aquatics</b></p>
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<b>Location</b>	University of Louisville
<b>Facility</b>	Ralph Wright Natatorium on the Belknap Campus NW Corner of S. Floyd St. and E. Warnock St. (Across from McDonalds) Louisville, KY 40208 Directions can be found at the end of this information sheet or at the University of Louisville web site: <a href="http://uoflsports.collegesports.com/genrel/092900aab.html">http://uoflsports.collegesports.com/genrel/092900aab.html</a>
<b>Medical Aide</b>	Lifeguards will be on duty for the duration of warmups and competition. There is an AED located on the pool deck
<b>Meet Referee</b>	JJ Rodgers <a href="mailto:jj.rodgeers1@gmail.com">jj.rodgeers1@gmail.com</a>
<b>Meet Director</b>	Shannon Grill/Julie Bundy <a href="mailto:Shannonandjeff@me.com">Shannonandjeff@me.com</a> / <a href="mailto:jasbundy831@yahoo.com">jasbundy831@yahoo.com</a>
<b>Entry Chair</b>	Lesa Boone <a href="mailto:cardinalaquatics@yahoo.com">cardinalaquatics@yahoo.com</a>
<b>Visiting Officials</b>	Teams may be asked to provide timers based on the size of the team. Volunteers will have free admission into the meet. Cardinal Aquatics welcomes the assistance of any visitor who would like to serve as an official, trainee or volunteer in any capacity. If interested in working, please contact JJ Rodgers.
<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>	<p>The meet will run 1 session Saturday. Cardinal Aquatics reserves the right to split into 2 sessions or 2 pools if the timeline exceeds time limit. All coaches will be notified if a change is made.</p> <p>This is an open timed finals meet. FINA starting procedures will be used.</p> <p>The No Recall Start Rule will also be enforced during the meet. The use of “fly-over starts” will be at the discretion of the Meet Referee.</p>

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>



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### Regulations/Waivers

#### Safe Sport 360

- 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 policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.
- 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.
- 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.

#### 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 current USA Swimming registered athletes. The age of the swimmer on Sept. 27th, 2025 will determine the age group for this meet
- All adult athletes must hold current Athlete Protection Training certification.
- Coaches must be current coach members of USA Swimming in Good Standing and must present credentials upon request.

#### Swimmers with a Disability

- Cardinal Aquatics welcomes swimmers with a disability.
- Entry Procedures:
  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



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**Meet Entry & Operation Guidelines**

	on page 6 of this document.			
	<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>
	Sat. Sept. 27	1	10:00am – 10:45am	10:50am
<b>Warmup Notes</b>	Teams will be assigned to lanes based on the number of entered swimmers. Smaller teams will need to share lanes. Larger teams should be prepared to divide the warm-up time and space according to need. Team warm-up assignments will be posted prior to warm-ups.			
<b>Safety Marshall</b>	Safety marshals will be in place for warm-ups and during the meet to ensure the safety of the swimmers. Duties will include safe deck practices, traffic flow and diving restrictions during warm-ups.			
<b>Entry Limits</b>	<ul style="list-style-type: none"> <li>Swimmers may swim a maximum of 5 individual events per day.</li> </ul>			
<b>Entry Fees</b>	<ul style="list-style-type: none"> <li>\$7.00 per individual event.</li> <li>\$10.00 for each deck entry and ALL manual entries</li> <li>* Accepted at the discretion of the Meet Referee; Payable at the meet.</li> <li>Entry fees are non-refundable. No extra heats will be added</li> <li>\$2.50 KY LSC surcharge per swimmer</li> <li>\$20.00 Facility Fee per swimmer</li> </ul> <p>Make one check payable to: <b>Cardinal Aquatics</b></p>			
<b>Entry Procedures</b>	<ul style="list-style-type: none"> <li><b>Entry Deadline: Friday, Sept. 19, 2025, by Midnight</b></li> <li>Email entries to entry chair (cardinalaquatics@yahoo.com) Files must be loadable into Hytek Meet Manager using a .cl2 file.</li> <li>An Entry Report will be returned to each team to verify entries.</li> </ul> <p><b>**Waiver and payment due prior to w-ups on Saturday, Sept. 27th.</b></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>	NO check in required – all events will be seeded prior to the meet.			
<b>Awards</b>	No team awards			
<b>Admission/ Heat Sheets</b>	No admissions			
<b>Coaches Meeting</b>	A coaches meeting will be held 15 minutes prior to the start of the competition.			
<b>Officials Meeting</b>	There will be an official's meeting 45 minutes prior to the start of the competition.			
<b>Hospitality</b>	There will be limited hospitality open to coaches and officials throughout the meet.			



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2025 SPLASH N DASH at UofL ORDER OF EVENTS		
GIRLS	EVENT DESCRIPTION	BOYS
1	OPEN 50 FREE	2
3	12&UNDER 50 FREE	4
5	8&UNDER 25 FREE	6
7	OPEN 50 BACK	8
9	12&UNDER 50 BACK	10
11	8&UNDER 25 BACK	12
13	OPEN 50 FLY	14
15	12&UNDER 50 FLY	16
17	OPEN 50 BREAST	18
19	12&UNDER 50 BREAST	20
21	OPEN 200 IM	22
23	12&UNDER 100 IM	24

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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		\$7.00 per event	
KYLSC Swimmer Surcharge		\$2.50 per swimmer	
Facility Surcharge		\$20.00 per swimmer	
Total Fees Due			

Make Checks Payable to: **CARDINAL AQUATICS**

Waiver, Acknowledgement and Liability Release:

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators, assignees, and swimmers waive and release any and all claims against USA Swimming, Inc., Kentucky Swimming, Inc., Cardinal Aquatics and their staff, and University of Louisville and their staff for injuries and/or expense incurred by me/us at the meet or while on the road to and from the meet. I/we are members of USA Swimming as a team, coach, athlete, or administrator and are eligible to compete in all events I/we have entered.

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.

## LODGING OPTIONS



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### University of Louisville Natatorium Driving Directions

**From the South (Nashville):** Take I-65 North to the first Eastern Parkway Exit. Go right off the ramp and turn left at the first stoplight (Crittenden Dr.). Proceed to the first stop sign and turn left (Warnock St.). Go under the I-65 overpass and turn right at the second stoplight (Floyd St.). Cardinal Park will be on your right and Cardinal Arena will be on your left. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.

**From the North (Indianapolis):** Take I-65 South to the Arthur Street Exit. Turn right at the first stop sign (Brandeis St.). Turn left at the stoplight (Floyd St.). Cardinal Park will be on your left and Cardinal Arena will be on your right. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.

**From the East (Lexington/Cincinnati):** Take I-64 West or I-71 South to I-65 South and get off at the Arthur Street Exit. Turn right at the first stop sign (Brandeis St.). Turn left at the stoplight (Floyd St.). Cardinal Park will be on your left and Cardinal Arena will be on your right. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.

**From the West (St. Louis):** Take I-64 East to I-65 South and get off at the Arthur Street Exit. Turn right at the first stop sign (Brandeis St.). Turn left at the stoplight (Floyd St.). Cardinal Park will be on your left and Cardinal Arena will be on your right. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.

