

# Cardinal/DolphinTri

Hosted by Cardinal Aquatics February  
10 & 11, 2024

The meet will be conducted under the auspices of Kentucky Swimming, Inc. of USASwimming, the rules of which will apply. # KYSC24-CARD03

In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising from injuries to anyone during the conduct of the event.

**LOCATION** - University of Louisville 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:

<http://uoflsports.collegesports.com/genrel/092900aab.html>

**MEET DIRECTOR:** Shannon Grill 502-550-1234

**MEET REFEREE:** Michelle Reichel [michele.l.reichel.gh1h@statefarm.com](mailto:michele.l.reichel.gh1h@statefarm.com)

**ENTRY CHAIR:** Lesa Boone, [cardinalaquatics@yahoo.com](mailto:cardinalaquatics@yahoo.com)

Cardinal Aquatics welcomes the assistance of any visitor who would like to serve as an official. PLEASE utilize the Job Sign Up on KYLSC website.

**FACILITY:** The University of Louisville Ralph Wright Natatorium. This facility was opened in the Fall of 2005. It features an eight-lane, 25-Yard competition pool with a depth of 7 feet. Movable bulkheads enable the pool to be divided into two 25-meter or 25-yard competition- ready areas with up to 10 lanes. The deep end features two 1-meter boards, two 3-meter boards and a tower with diving platforms at 5-, 7.5- and 10-meters. The 41,000 square foot facility accommodates up to 800 spectators and athletes. The facility is equipped with a fully automatic Daktronics Timing System with touchpads and full 21ft x 12ft video board display. The competition course has not been certified in accordance with article 104.2.2C(4)

**ELIGIBILITY:** All current USA Swimming registered athletes that are members of USA Swimming teams: Cardinal Aquatics, Lexington Dolphins, and Etown Dolphins swim team. All current USA Swimming registered athletes. The age of the swimmer on Feb. 10, 2024 will determine the age group for this meet.

**MEET FORMAT:** All events are Timed Final. Time trials are available upon request and if granted permission by the meet ref. This event would be included in the 5 events limit per day.

**PARKING:** Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium and next to the Natatorium. The University of Louisville controls the parking facility and parking fees.

**RULES:** Current USA Swimming and KY Swimming rules will govern this meet. Coaches must display their current

USA Swimming credential to gain access to the deck. The referee has the right to ask for coach credential display and/or deny access if coaches does not comply or card is no longer valid/current. In swimming competition, the competitor must wear only 1 swimsuit in one or two pieces except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above navel or

below knees, and for women, shall not cover neck, nor extend below knee. 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 locker rooms or other designate areas is not appropriate and is prohibited.

**ENTRY FEES:** \$7.00 for each individual timed final event. \$14 for each time trial event.

**ENTRIES:** Entries must be received by NOON on February 5th, 2024.

**18 & Over Athletes** 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 Feb. 10, 2024 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 Feb. 11, 2023, 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.

**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. All 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 MAAPP 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.

**Medical Assistance** Red Cross certified Lifeguards will be on duty during the conduct of the meet. An AED is available at the facility.

**Video Usage:** Use of audio or video recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker room. 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)

**Safety** Lifeguards will be on duty for the duration of warm ups and competition. There is an AED located on the pool deck.

## Schedule

**Saturday & Sunday: 10:00-10:50am: WARM-UPS**  
**11:00am: MEET START**

<b><u>ORDER OF EVENTS</u></b>		
<b>Girls</b>	<b>Saturday Events</b>	<b>Boys</b>
1	Open 400 IM	2
3	12&UNDER 100 IM	4
5	Open 50 Free	6
7	12&Under 50 Free	8
9	Open 100 Fly	10
11	12&UNDER 50 Fly	12
13	Open 200 Breast	14
15	12&Under 100 Breast	16
17	Open 100 Back	18
19	12&Under 50 Back	20
21	Open 200 Free	22
23	12&Under 200 Free	24
25	Open 1000 Free	26
<b>Girls</b>	<b>Sunday Events</b>	<b>Boys</b>
27	Open 200 IM	28
29	12&Under 200 IM	30
31	Open 100 Free	32
33	12&Under 100 Free	34
35	Open 200 Fly	36
37	12&Under 100 Fly	38
39	Open 100 Breast	40
41	12&Under 50 Breast	42
43	Open 200 Back	44
45	12&Under 100 Back	46
47	Open 500 Free	48
49	12&Under 500 Free	50

**Waiver**

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.

SIGNATURE \_\_\_\_\_ POSITION \_\_\_\_\_

ENTRY PERSON \_\_\_\_\_ EMAIL \_\_\_\_\_

TEAM \_\_\_\_\_ TEAM CODE \_\_\_\_\_

TEAM ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ FAX \_\_\_\_\_

**RECAP OF ENTRIES:**

_____ Individual Events X \$7.00 =	\$ _____
_____ Total Swimmers Entered for KYLSC Surcharge X \$2.50 =	\$ _____
_____ Total Swimmers Entered for Facility Fee X \$22.50 =	\$ _____
Total	\$ _____

Payment can be made the day of the meet prior to warm ups.  
Make Checks Payable to **Cardinal Aquatics**.

## 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.