

# Central Kentucky Invitational

Central Kentucky Aquatics

October 14-16, 2022

Held under USA Swimming Sanction # KY23SC-CKA01

- LOCATION:** Russell County Natatorium Complex  
2167 S Highway 127, Russell Springs, KY 42642
- FACILITY:** The Competitive Indoor Pool is 8 Lanes x 25 Yards. The seating for spectators is 400. The lobby of the Natatorium will be setup for swimmers to utilize during meet. Colorado Timing System will be utilized with an 8 Lane Scoreboard.
- POOL MEASUREMENTS:** The competition course *has not* been certified in accordance with 104.2.2C (4).
- WATER DEPTH:** The depth of the pool at the start end is 4 feet 6 inches. The depth at the turn end is 12 feet 6 inches.
- MAAPP:** 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 visual recording, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms. Such devices being used in these areas are subject to confiscation.
- DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Per USA Swimming Code of Conduct 304.3.7, persons violating this provision are subject to ejection of the facility.
- BULLYING** All participants and competitors shall follow the U.S. CENTER for SAFESPORT rules for bullying found on the USA Swimming and Kentucky Swimming web sites. A violation will be grounds for removal of member from the facility.
- DRONE USE:** 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 Operations Vice Chair. USA Swimming article 202.4.9 J
- ENTRY CHAIR:** Joseph Phillips  
ckaquatic@gmail.com
- MEET REFEREE:** Joseph Phillips  
ckaquatic@gmail.com
- SAFETY DIRECTOR:** Joseph Phillips  
859-516-1214
- 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.

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<b>STARTING TIMES:</b>	Friday:	Session 1	Friday Distance	6:00pm CST
	Saturday:	Session 2	Saturday OPEN	8:00am CST
		Session 3	Saturday 1000 Free	11:30am CST
		Session 4	Saturday 12 & Under	1:00pm CST
	Sunday:	Session 5	Sunday Morning Mile	8:00am CST
		Session 6	Sunday OPEN	10:00am CST
		Session 7	Sunday 12 & Under	2:00pm CST

Note: Warmups and Start Times may be modified based on swimmer numbers and Covid Protocol Requirements.

**ENTRY DEADLINE:** The due date for entries is October 7, 2022

**ENTRY FEES:**

Individual events:	\$6.50 per event
Relay events:	\$12.00 per relay
KYLSC Surcharge:	\$2.50 per swimmer
Facility Surcharge:	\$20.00 per swimmer

Make checks payable to Central Kentucky Aquatics.

**ENTRY LIMITATIONS:** Swimmers may enter up to 5 individual events and 1 relay per day. 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.

**ENTRIES:** Entries should be submitted in Short Course Yards . Only Hy-Tek electronic entries will be accepted.

**DECK ENTRIES:** Deck entries for swimmers not already in the meet will not be allowed. Deck entries for swimmers already entered in meet will be accepted if there is an open lane. Additional heats will not be added to the meet for deck entries. Deck entry fees are \$10, payable at the time of entry into meet.

**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.

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.

**SWIMMERS WITH A DISABILITY:** Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) list in the email accompanying the Hy-Tek entry file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

**CONDUCT:** The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations. All events will be timed finals.. Heats will be swum slowest to fastest.

**AWARDS:** Awards will be given for Age Group High Points 10&U, 11-12, 13-14, 15 & Over. All OPEN events will be seeded accordingly, but scoring will be broken into 13-14 & 15 & Over age groups.

**ADMISSION COST:** No Admission will be charged

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- HEAT SHEETS:** \$5.00
- RESULTS:** Will be posted on [www.KYLSC.org](http://www.KYLSC.org). Teams can be emailed results.
- 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 starting block end of the pool. There is no diving during warm-up, except in designated sprint lanes.
- COACHES:** Coaches must be current coach members of USA Swimming and must present credentials upon request
- OFFICIATING OPPORTUNITY:** Central Kentucky Aquatics welcomes anyone who is a USA Certified Official to aide in officiating the meet. Any officials that wish to work needs to contact Joseph Phillips at [ckaquatic@gmail.com](mailto:ckaquatic@gmail.com).  
Official's Meeting will be held 45 mins prior to each session.
- TIMERS:** Visiting teams may be requested to provide timers based on swimmers entered into the sessions.  
500 Freestyle Swimmers will be required to provide their own counter.  
1000 & 1650 Freestyle Swimmers will be required to provide their own counter & timer
- HOSPITALITY:** There will be hospitality for coaches and officials throughout the meet.

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## Order of Events

### FRIDAY EVENING

GIRLS	AGE	EVENT	BOYS
1	12 & UNDER	200 IM	2
3	OPEN	400 IM	4
5	10 & UNDER	200 FREE	6
7	OPEN	500 FREE	8

### SATURDAY MORNING

GIRLS	AGE	EVENT	BOYS
9	OPEN	200 IM	10
11	OPEN	100 FREE	12
13	OPEN	200 BACK	14
15	OPEN	100 BREAST	16
17	OPEN	200 FLY	18
19	OPEN	200 FREE RELAY	20

### SATURDAY DISTANCE

GIRLS	AGE	EVENT	BOYS
21	OPEN	1000 FREE	22

### SATURDAY AFTERNOON

GIRLS	AGE	EVENT	BOYS
23	12 & UNDER	100 FLY	24
25	8 & UNDER	25 FLY	26
27	12 & UNDER	50 FREE	28
29	12 & UNDER	50 BREAST	30
31	12 & UNDER	100 BACK	32
33	8 & UNDER	25 BACK	34
35	12 & UNDER	200 FREE	36
37	12 & UNDER	200 FREE RELAY	38

### SUNDAY MILE

GIRLS	AGE	EVENT	BOYS
39	OPEN	1650 FREE	40

### SUNDAY MORNING

GIRLS	AGE	EVENT	BOYS
41	OPEN	200 FREE	42
43	OPEN	100 BACK	44
45	OPEN	200 BREAST	46
47	OPEN	50 FREE	48
49	OPEN	100 FLY	50
51	OPEN	200 MEDLEY RELAY	52

### SUNDAY AFTERNOON

GIRLS	AGE	EVENT	BOYS
53	12 & UNDER	100 IM	54
55	12 & UNDER	100 FREE	56
57	8 & UNDER	25 FREE	58
59	12 & UNDER	50 FLY	60
61	12 & UNDER	100 BREAST	62
63	8 & UNDER	25 BREAST	64
65	12 & UNDER	50 BACK	66
67	12 & UNDER	200 MEDLEY RELAY	68

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## ENTRY / WAIVER FORM

**THIS PAGE MUST BE COMPLETED AND RETURNED BY THE START OF THE MEET 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 RCHS Natatorium and staff, and Central Kentucky Aquatics, Inc. 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, CENTRAL KENTUCKY AQUATICS (CKA), AND RCHS NATATORIUM 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 \_\_\_\_\_ TITLE \_\_\_\_\_

COACH'S EMAIL \_\_\_\_\_

ENTRY CHAIR'S EMAIL \_\_\_\_\_

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

PHONE \_\_\_\_\_

### ENTRY SUMMARY

_____	Individual Entries x \$ 6.50	=	\$ _____
_____	Relay Entries x \$ 12.00	=	\$ _____
_____	Swimmers Entered (Facility Surcharge) x \$ 20.00	=	\$ _____
_____	Swimmers Entered (KYLSC Surcharge) x \$ 2.50	=	\$ _____
	<b>TOTAL</b>	=	\$ _____

Please make checks payable to: **Central Kentucky Aquatics, Inc.** and submit waiver and payment to Admin Table at beginning of meet.

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



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## LODGING OPTIONS IN RUSSELL SPRINGS AREA

### TIMBER POINTE RESORT

2671 S Highway 92

Jamestown, KY 42629

270-343-2267

### SAFE HARBOR JAMESTOWN RESORT & MARINA

3677 South Highway 92 East

Jamestown, Kentucky 42629

270-285-0444

### SLEEP INN & SUITES

350 Dohoney Trace

Columbia, KY 42728

270-380-1200

### BEST WESTERN

710 Bomar Hts

Columbia, KY 42728

270-384-9744

### HOLIDAY INN EXPRESS & SUITES

50 Stevie Lynn Drive

Somerset, KY 42503

606-425-4444

### QUALITY INN & SUITES

2440 N Highway 27

Somerset, KY 42501

606-678-2023

### HAMPTON INN

4141 S Highway 27

Somerset, KY 42501

606-676-8855

### COURTYARD by Marriott

2254 South Highway 27

Somerset, KY 42501

606-679-0090

### COMFORT INN

82 Jolin Drive

Somerset, KY 42503

606-485-2363