



## 2023 Central Kentucky Invitational October 13-15, 2023

Held under USA Swimming Sanction #: KY24SC-CKA01

Hosted by  
Central Kentucky  
Aquatics

<b>Location:</b>	Russell County Natatorium Complex 2167 S Highway 127, Russell Springs, Kentucky 42642
<b>Facility:</b>	The competitive indoor pool is 8 Lanes x 25 Yards. 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. The seating for spectators is 400. The lobby of the facility will be set up for swimmers/families to utilize during meets. Colorado Timing System with 8 Lane Scoreboard will be utilized. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i> , Article 104.2.2C(4).
<b>Meet Director:</b>	Julane Hamon <a href="mailto:ckameetdirector@gmail.com">ckameetdirector@gmail.com</a>
<b>Meet Referee:</b>	Joseph Phillips <a href="mailto:joetheengineer7@gmail.com">joetheengineer7@gmail.com</a> 859-516-1214
<b>Visiting Officials</b>	Central Kentucky Aquatics welcomes anyone who is a USA Certified Official to aide in officiating the meet. Please utilize the signup list on the meet event page at <a href="http://www.kylsc.org">www.kylsc.org</a> or contact the Meet Referee if you wish to officiate. We will accommodate any Apprentice Officials based on our ability to provide experienced mentors.
<b>Entry Chair:</b>	Joseph Phillips <a href="mailto:ckameetentries@gmail.com">ckameetentries@gmail.com</a> 859-516-1214
<b>Medical Aide:</b>	ANC Staff, Lifeguards, AED Device Available in Lobby Adjacent to Pool Deck
<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>	Timed Finals
<b># Of Sessions:</b>	5

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>
<b>Safe Sport 360</b>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>



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## Regulations/Waivers

	<ul style="list-style-type: none"> <li>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.</li> <li>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 <a href="http://www.uscenterforsafesport.org/report-a-concern">www.uscenterforsafesport.org/report-a-concern</a>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</li> <li>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.</li> <li>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.</li> </ul>
<b>Waiver/Release</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> </ul>

## Meet Entry & Operation Guidelines

<b>Eligibility:</b>	<ul style="list-style-type: none"> <li>All contestants must be currently registered USA Swimming members. Registrations will not be accepted at the meet.</li> <li>All adult athletes must hold current Athlete Protection Training certification.</li> <li>Age on the first day of the meet will determine age for the entire meet.</li> <li>Coaches must be current coach members of USA Swimming in Good Standing and must present credentials upon request.</li> </ul>
<b>Swimmers with a Disability</b>	<ul style="list-style-type: none"> <li>Central Kentucky Aquatics welcomes swimmers with a disability.</li> <li>Entry Procedures:             <ol style="list-style-type: none"> <li>Enter the USA-S swimmers with a disability electronically or on the paper entry form.</li> <li>Provide the grouping the swimmer is identified under (P1, P2, P3) and any necessary accommodations.</li> <li>List in the email with the electronic entry (or on the paper entry) the swimmer's name, entry times, based on grouping (P1, P2, P3) strokes/distances and days/sessions.</li> </ol> </li> <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> </ul>



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<b>Meet Entry &amp; Operation Guidelines</b>									
	<ul style="list-style-type: none"> <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 (Tentative)</b>	Friday		Saturday			Sunday			
	Title	Time	Title	Time	Title	Time	Title	Time	
	1	Friday Distance	6:00pm	2	Saturday Stroke	9:00am	4	Sunday Mile	8:00 am
				3	1000 Free	2:00pm	5	Sunday Stroke	10:00 am
	Note: Warmups and Start Times may be modified based on swimmer numbers and timeline requirements.								
<b>Entry Limits/</b>	<ul style="list-style-type: none"> <li>Swimmers may swim a maximum of 5 individual events per day.</li> <li>Swimmers may swim in a maximum of 1 relay event per day.</li> </ul>								
<b>Entry Fees:</b>	<ul style="list-style-type: none"> <li>Entries will be taken on a 1<sup>st</sup> Come, 1<sup>st</sup> Served basis and will close at max of 250 swimmers per session.</li> <li>\$7.00 per individual event.</li> <li>\$14.00 per relay event.</li> <li>\$2.50 KY LSC surcharge per swimmer.</li> <li>\$20.00 Facility Fee per swimmer</li> <li>Deck Entry Fees are \$10 and are due at the time of Entry Request.</li> <li>Time Trial Fees are \$15 and are due at the time of Time Trial Request</li> </ul>								
<b>Entry Procedures:</b>	<ul style="list-style-type: none"> <li>Deadline for receipt of entries is Friday, October 6, 2023, at 8:00pm.</li> <li>Entries must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify, etc.). Send entries via email to: <a href="mailto:ckameetentries@gmail.com">ckameetentries@gmail.com</a></li> <li>Checks should be made payable to: Central Kentucky Aquatics</li> <li>“No Time” (NT) entries will be accepted.</li> <li>The Meet Director reserves the right to limit entries, if necessary, to manage the timeline and number of competitors at each session.</li> </ul>								
<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>	<ul style="list-style-type: none"> <li>Friday Events (200 IM, 400IM, 500 Free) will require positive check-in.</li> <li>1000 Free &amp; 1650 Free will require positive check-in.</li> <li>All Heats except for 1000 Free, &amp; 1650 Free will be swam slowest to fastest. 1000 &amp; 1650 Free will be swam Fastest to Slowest alternating Girls &amp; Boys.</li> <li>Deck entries for swimmers not already in the meet will not be allowed. Deck entries for swimmers already entered in the meet will be accepted if there is an open lane. Additional heats will not be added to the meet for deck entries.</li> <li>No Clerk of Course will be provided.</li> </ul>								
<b>Time Trials</b>	<ul style="list-style-type: none"> <li>Time Trials will be allowed based on Meet Referee Discretion. Time trials priority will be:               <ol style="list-style-type: none"> <li>1. Events of Current Sessions</li> <li>2. Events of Previous Sessions</li> <li>3. Events of Future Sessions</li> </ol> </li> </ul>								
<b>Awards:</b>	<ul style="list-style-type: none"> <li>Ribbons will be awarded for 12 &amp; Under Events 1<sup>st</sup> – 6<sup>th</sup> place.</li> <li>Age Group High Points will be awarded for 10&amp;U, 11-12, 13-14, 15 &amp; Over.</li> </ul>								



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<b>Meet Entry &amp; Operation Guidelines</b>	
	<ul style="list-style-type: none"><li>• All OPEN events will be seeded accordingly, but scoring will be broken into 13-14 &amp; 15 &amp; Over age groups.</li><li>• Results will be posted throughout the meet in designated area.</li></ul>
<b>Admission/ Heat Sheets</b>	No admission will be charged for spectator entry into the meet. Heat sheets will be posted on pool deck and available through Meet Mobile.
<b>Timers/Counters</b>	Teams may be asked to provide timers based on swimmers entered per session. 500 Free Swimmers will be required to provide their own counter. 1000 & 1650 Free Swimmers will be required to provide their own counter & timer.
<b>Hospitality</b>	There will be hospitality for coaches and officials throughout the meet.



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## ORDER OF EVENTS

Friday, October 13, 2023		Saturday, October 14, 2023			
Session # 1		Session # 2		Session # 3	
Event #	Event Description	Event #	Event Description	Event #	Event Description
1	Open 400 IM	4-5	Open 200 IM	32	Mixed 1000 Freestyle
2	12&U 200 IM	6-7	12&U 100 IM		
3	Open 500 Freestyle	8-9	Open 100 Freestyle		
		10-11	12&U 100 Freestyle		
		12-13	Open 200 Backstroke		
		14-15	12&U 100 Backstroke		
		16-17	8&U 25 Backstroke		
		18-19	Open 100 Breaststroke		
		20-21	12&U 50 Breaststroke		
		22-23	Open 200 Butterfly		
		24-25	12&U 100 Butterfly		
		26-27	8&U 25 Butterfly		
		28-29	12&U 200 Free Relay		
		30-31	Open 200 Free Relay		
Sunday, October 15, 2023					
Session # 4		Session # 5			
Event #	Event Description	Event #	Event Description		
33	Mixed 1650 Freestyle	34-35	12&U 200 Freestyle		
		36-37	Open 200 Freestyle		
		38-39	12&U 50 Backstroke		
		40-41	Open 100 Backstroke		
		42-43	8&U 25 Breaststroke		
		44-45	12&U 100 Breaststroke		
		46-47	Open 200 Breaststroke		
		48-49	12&U 50 Butterfly		
		50-51	Open 100 Butterfly		
		52-53	8&U 25 Freestyle		
		54-55	12&U 50 Freestyle		
		56-57	Open 50 Freestyle		
		58-59	12&U 200 Medley Relay		
		60-61	Open 200 Medley Relay		



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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	
Relay Entries		\$14.00 per relay	
KYLSC Swimmer Surcharge		\$2.50 per swimmer	
Facility Surcharge		\$20.00 per swimmer	
Total Fees Due			

**Make Checks Payable to: Central Kentucky Aquatics**

**Waiver, Acknowledgement and Liability Release:**

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 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 \_\_\_\_\_

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.



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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**