

Iron Swimmer Swim Meet

Hosted by TNT Swimming

Saturday, Jan. 7, 2023

- SANCTION** Sanctioned by USA Swimming, Inc.; issued by Kentucky Swimming, Inc.; *sanction KYSC23-TNT02*
- LOCATION** Falling Spring Rec. Center; 275 Beasley Drive; Versailles, KY 40383
Take Exit 68 off of the Bluegrass Parkway • proceed 0.5 miles northbound on KY 33 to the stoplight intersection with KY 2113 (Falling Springs Blvd.) • turn left (westbound) onto KY 2113 • proceed 2.5 miles to the parking lot entrance on your left • pool is around to the right as you enter the facility.
- FACILITY** 8 lane, 25 yard indoor pool with Kiefer lanes; fully automatic timing.
- POOL MEASUREMENTS:** The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.
- WATER DEPTH:** The depth of the pool at the start end is 12 feet. The depth at the turn end is 4 feet.
- FORMAT** Timed finals age group meet open to USA Swimming registered athletes and teams: 10 & Under, 11-12, 13-14, and Open age divisions. Please utilize short course yard times when making entries.
- OFFICIALS** **Meet Director:** Marvin Watson (859-873-8581) swimmarv@hotmail.com.
Referee: David Barnes (859-351-3910) david@barnes.pro
- TNT welcomes the assistance of officials from visiting teams or volunteers who would like to apprentice at this meet. Please contact David Barnes at david@barnes.pro to make arrangements. Please bring your current USA Swimming membership card with you to the meet.
- COVID-19:** We have taken enhanced health and safety measures for the swimmers, coaches, volunteers, spectators and other meet workers. You must follow all posted instructions while attending this event. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- Neither USA Swimming, Inc. nor Kentucky Swimming, Inc., can prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Thus, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- Permitting a swimmer to attend this meet constitutes a representation by that swimmer's parent or guardian that the swimmer has not been tested positive for COVID-19 in the two weeks preceding the meet, that the swimmer has not been in close proximity to any person who has tested positive for COVID-19 in the two weeks preceding the meet, and that the swimmer is not exhibiting any signs of illness.***
- SPECTATORS:** Admission is free.
- PARKING:** The Falling Springs Center has a large parking lot available at no cost.
- RULES** **The use of audio or video recording devices**, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. 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 Vice President of Program Operations.

Deck Changing: Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

MAAPP: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern 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.

Locker rooms will be available to swimmers only. Coaches, officials and meet workers will use the restrooms in the lobby.

Deck Access: Only athletes entered in the meet, coaches, officials, and meet workers will be allowed on deck.

ENTRY DEADLINE: Entries are due by Friday, Dec. 30, 2022. Send entries to swimmarv@hotmail.com

ENTRY FEES: \$6.00 per Individual Event entry
\$2.50 per swimmer Kentucky Swimming LSC surcharge +
\$12.50 per swimmer facility surcharge = \$15.00 total

ENTRY LIMITATIONS: Swimmers may enter up to five individual events

DECK ENTRIES: Deck entries will not be permitted.

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.

Coaches must be current coach members of USA Swimming and must wear credentials during 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. 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.

CONDUCT: The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations. Events will be contested in a short course yards pool. All events will be pre-seeded; no events will be deck seeded. Heats will be swum slowest to fastest.

RESULTS: Will be posted on www.KYLSC.org and <https://tnt-swimming.com>

SAFETY/WARM-UP: Coaches must maintain supervision of their swimmers during warm-up. All entry into the pool for warm-up is feet first from the end of the pool. Dive starts are only permitted under the supervision of the swimmer’s coach.

SAFETY PERSONNEL: Lifeguards will be on duty during the conduct of the meet. An AED is available at the facility.

OFFICIALS: 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.

WARM-UPS: To start at 7:45 A.M. and be assigned based upon “social distancing” measures. Warm-up assignments will be emailed by Noon on Friday, Jan. 6, 2023 and posted to <https://tnt-swimming.com>

AWARDS ribbons will be awarded for first – eighth place in individual events.
Coaches are requested to take their team’s ribbons with them at the conclusion of the meet.

HOSPITALITY There will be a hospitality room open to coaches and officials throughout the meet.

Saturday • Jan. 7, 2023

ORDER of EVENTS • AM SESSION 1

Warm-up not before 7:45 AM - Competition not before 9:10 AM

Girls		Events	Boys
1	** open	200 yd. Freestyle	2
3	**open	100 yd. Butterfly	4
5	** open	100 yd. Individual Medley	6
7	open	400 yd. Individual Medley	8
9	** open	50 yd. Breaststroke	10
11	** open	100 yd. Backstroke	12
13	open	200 yd. Butterfly	14
15	** open	50 yd. Freestyle	16
17	** open	100 yd. Breaststroke	18
19	open	200 yd. Backstroke	20
21	** open	50 yd. Butterfly	22
23	** open	100 yd. Freestyle	24
25	open	200 yd. Breaststroke	26
27	** open	50 yd. Backstroke	28
29	** open	200 yd. Individual Medley	30
31	open	500 yd. Freestyle	32

** denotes multi-age-group events with divisions being: 12 & under, 13-14, and 15 & over
The IMX events – 400IM, 200 fly, 200 back, 200 breast, and 500 free – will be open competition

ORDER of EVENTS • PM SESSION 2

Warm-up not before 1:00 PM, Competition not before 2:00 PM

Girls		Events	Boys
33	8 & under	50 yd. Freestyle	34
35	9-10	50 yd. Freestyle	36
37	11-12	50 yd. Freestyle	38
39	8 & under	100 yd. Individual Medley	40
41	9-10	100 yd. Individual Medley	42
43	11-12	100 yd. Individual Medley	44
45	12 & under	200 yd. Individual Medley	46
47	10 & under	25 yd. Backstroke	48
49	8 & under	50 yd. Butterfly	50
51	9-10	50 yd. Butterfly	52
53	11-12	50 yd. Butterfly	54
55	10 & under	25 yd. Breaststroke	56
57	8 & under	50 yd. Backstroke	58
59	9-10	50 yd. Backstroke	60
61	11-12	50 yd. Backstroke	62
63	10 & under	25 yd. Freestyle	64
65	8 & under	50 yd. Breaststroke	66
67	9-10	50 yd. Breaststroke	68
69	11-12	50 yd. Breaststroke	70
71	10 & under	25 yd. Butterfly	72
73	10 & under	100 yd. Freestyle	74
75	11-12	100 yd. Freestyle	76
77	10 & under	200 yd. Medley Relay	78
79	12 & under	200 yd. Medley Relay	80

ENTRY / WAIVER FORM

THIS PAGE MUST BE COMPLETED AND RETURNED BY THE START OF THE MEET ON SATURDAY, JAN. 7, 2023, 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 Falling Springs Center and staff, and Thorobred Nautical Team (TNT) 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, THOROBRED NAUTICAL TEAM (TNT). AND FALLING SPRINGS CENTER 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 of Club Official _____

Date _____

ENTRY RECAP

TOTAL SWIMMERS ENTERED FOR SURCHARGES _____ x \$15.00 \$ _____

TOTAL HY-TEK INDIVIDUAL EVENTS ENTERED _____ x \$ 6.00 \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

Make checks payable to: **TNT Swim Team**

Bring Check and Waiver to: Marvin Watson upon arrival Saturday morning, Jan. 7, 2023

Held under the sanction of USA Swimming, sanction: KYSC23-TNT02

Falling Springs Arts & Rec Center

275 Beasley Drive
Versailles, KY 40383
Phone: 859-873-5948

MAP TO FALLING SPRINGS ARTS & REC CENTER

