



## Fall FinFest - Lexington Dolphins, Inc

10/18/25-10/19/25

Held under USA Swimming Sanction #KYSC26-LEXD01

<b>Location</b>	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.
<b>Facility</b>	8-lane, 25-yard indoor pool with Kiefer Lane lines; fully automatic timing. The depth of the pool at the start end is 12 feet. The depth at the turn end is 4 feet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. The competition course has not been certified in accordance with 104.2.2C (4).
<b>Meet Director</b>	Chad Riegle <a href="mailto:chadriegle@gmail.com">chadriegle@gmail.com</a>
<b>Meet Referee</b>	Jessica Lair <a href="mailto:jcristlair@gmail.com">jcristlair@gmail.com</a>
<b>Entry Chair</b>	Michelle Doolin <a href="mailto:marymichelledoolin@gmail.com">marymichelledoolin@gmail.com</a>
<b>Visiting Officials</b>	Officials from other teams who would like to OFFICIATE or APPRENTICE are welcome and MUST make arrangements with the meet referee <b>prior</b> to the meet. All officials must show proof of current/valid USA Swimming Membership before they will be allowed to work on pool deck. Attire is WHITE top, KHAKI shorts, skirt or pants and WHITE shoes and socks.
<b>Medical Supervision</b>	Lifeguards will be on duty during the conduct of the meet. An AED is available at the facility. EMERGENCY INFORMATION Police: 911
<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>	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 course. All events are deck seeded and swum as timed finals. Heats will be swum slowest to fastest except for 500 and 1000 freestyle.

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.</li> </ul>



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Regulations/Waivers	
	<p>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.</p> <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><b>All athletes aged 18 and older must complete Athlete Protection Training</b> 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>
<p><b>NOTE:</b> Only athletes entered in the meet, working coaches, officials, and meet workers are allowed on deck. Other non-participants are expected to remain in the spectator area.</p>	
<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>
<b>Unsupervised Swimmers</b>	<ul style="list-style-type: none"> <li>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</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> </ul>



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Meet Entry & Operation Guidelines				
	<ul style="list-style-type: none"> <li>Swimmer's age on <b>October 18th, 2025</b>, will determine their age for the 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>LEXD Dolphins 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</li> <li>With your entries, <u>submit the SWAD Coaches and Meet Referee Communication Form</u> (form is on page 8 of this document).</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> <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>**All warmup and session times are subject to change based on entry numbers and timeline**</b>			
	<b>DATE</b>	<b>SESSION</b>	<b>WARM-UP START TIME</b>	<b>COMPETITION START TIME</b>
	Saturday	1	Not before 7:00 AM	Not before 8:00 AM
		2	Immediately after Session 1	Not before 11:00 AM
		3	15 min. after end of Session 2	Not before 1:00 PM
	Sunday	4	Not before 7:00 AM	Not before 8:00 AM
		5	30 minutes after Session 4	Not before 11:00 AM
<b>Entry Limits</b>	<ul style="list-style-type: none"> <li>Swimmers may enter up to 6 individual events/day.</li> </ul>			
<b>Entry Procedures</b>	<ul style="list-style-type: none"> <li><b>The entry deadline is 10/8/25 by 5 pm.</b></li> <li>Please submit Entries in SCY using an electronic meet entry software (Hy-Tek/Team Unify, etc.).entry-file by e-mail to Michelle Doolin <a href="mailto:marymichelledoolin@gmail.com">marymichelledoolin@gmail.com</a></li> <li>Handwritten, telephoned, or faxed entries will not be accepted except for the report sheet provided for utilization when entering swimmers with a disability. If the USA Swimming ID for any swimmer is omitted, that swimmer's entries will not be accepted.</li> <li>Team Waiver and payment should be submitted by the start of warm-ups of the first session of the meet.</li> <li>Late entries will be accepted at the discretion of the meet director. All entrant's USA Swimming member IDs must be listed and accompany the entry for the team.</li> </ul> <p><b>*We reserve the right to alter the meet format and move age group sessions depending on entry numbers. All changes will be provided to team representatives once finalized. *</b></p>			
<b>Deck Entries</b>	<ul style="list-style-type: none"> <li>Swimmers not previously entered in the meet must provide proof of current USA Swimming registration. Deck entries will be accommodated at the discretion of the meet referee and based on availability. All entry fees apply.</li> </ul>			
<b>Entry Fees</b>	<ul style="list-style-type: none"> <li>\$8.50 per individual event.</li> <li>\$20.00 Facility Fee per swimmer.</li> <li>\$2.50 KYLSC surcharge per swimmer.</li> <li>Deck Entry Fees are \$12.50 plus the facility fee and surcharge of \$25.00 if not already entered in the meet and ONLY if there is room available without adding additional heats.</li> <li>No refunds</li> <li>Make checks payable to Lexington Dolphins (730 Millpond Rd., Lexington KY 40514). There will be no refund of entry fees.</li> </ul>			



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<b>Meet Entry &amp; Operation Guidelines</b>	
<b>Scratch Rules</b>	<ul style="list-style-type: none"><li>Athletes may scratch any event without penalty. The host team asks for notification of scratches for the purpose of combining heats/events. We reserve the right to combine heats/genders without lane separation.</li></ul>
<b>Positive Check-in</b> <b>1000 FR, 500 FR and 400 IM</b>	<ul style="list-style-type: none"><li>The 1000 Free, 500 Free and 400 IM will require positive check-in. All participants must sign in no later than 30 min prior to the beginning of respective session. Check-in will be located to the left of the head table next to the wall. Swimmers not checked in by the deadline will not be seeded.</li></ul>
<b>Warm-up and Safety Guidelines</b>	<ul style="list-style-type: none"><li>Warm up lanes will be assigned.</li><li>Additional Warm-ups may be scheduled based on total numbers of swimmers registered. Assignments will be determined once the meet is closed and entries are received. Coaches will be notified of warm up times by 10/13/25.</li><li>All USA Swimming and Kentucky Swimming warm-up guidelines will be followed. Each team will be assigned a warm-up lane(s). Some lanes might have more than one team assigned.</li><li>The coaches will control their own lanes for warm-up.</li><li>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</li><li>Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designee).</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>Coaches</b>	Coaches must be current coach members of USA Swimming and must wear credentials during the meet. Each team should submit a list of coaches in attendance before the meet.
<b>Coaches Meeting</b>	There will be a coaches' meeting 15 minutes prior to the start of the meet. Coaches must show credentials to receive their meet packet.
<b>Officials</b>	There will be an officials' meeting 60 minutes prior to the start of each swimming session.
<b>Clerk of Course</b>	Clerk of Course will be available for the U8 session
<b>Awards</b>	none
<b>Admission/ Heat Sheets</b>	Gate admission if FREE. <b>Will be posted on the Lexington Dolphins website, <a href="http://lexingtondolphins.org">lexingtondolphins.org</a> by Friday, October 17, 2025</b>
<b>Hospitality</b>	Hospitality will be available to coaches and officials.
<b>Results</b>	Results will be posted at the venue, meet mobile and will be sent as TM export provided to each team's coach at the conclusion of the meet.
<b>Volunteer Requirements</b>	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.

**Facility Rules**

1. Outside of the pool area shoes must be worn and swimsuits must be covered.
2. Coolers are not allowed in the pool area.
3. Food is not allowed in the pool area. Beverages are allowed in the pool area but must be in sealed, spill-proof plastic containers. No glass containers are allowed in the building.
4. Signs or banners must be hung by masking tape or string, only.
5. Radios, noisemakers, or anything else that might cause inconvenience to swimmers, coaches, officials, workers are prohibited in the pool area.



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6. Walkie-talkies are prohibited inside the recreation center as their use may interfere with headsets used by our officials.
7. Flash photography is prohibited during the start of heats.
8. All trash must be deposited in the appropriate containers.
9. NO horseplay will be tolerated, including shooting baskets or tossing objects while on property.
10. Falling Springs Recreational Center is an alcohol-free and tobacco-free facility. Consumption of either is prohibited.

SESSION #1		
10/18/25 Warmup: TBD; Competition: not before 8 am		
Women	Event Description	Men
1	O13 200 IM	2
3	11-12 100 IM	4
5	O13 100 Freestyle	6
7	11-12 50 Freestyle	8
9	O13 200 Back	10
11	11-12 100 Back	12
13	O13 100 Breast	14
15	11-12 50 Breast	16
17	O13 200 Butterfly	18
19	11-12 100 Butterfly	20
SESSION #2		
10/18/25 Warmup 15 minutes after Session #1; Competition: not before 11 am		
Women	Event Description	Men
21	Open 1000 Freestyle	22
SESSION #3		
10/18/25 Warmup: 15 min after of session #2; Competition: not before 1 pm		
Women	Event Description	Men
23	U10 100 IM	24
25	U8 50 Freestyle	26
27	U6 25 Freestyle	28
29	9-10 50 Free	30
31	U8 50 Back	32



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<b>33</b>	<b>U6 25 Back</b>	<b>34</b>
<b>35</b>	<b>9-10 100 Back</b>	<b>36</b>
<b>37</b>	<b>U8 25 Breast</b>	<b>38</b>
<b>39</b>	<b>9-10 50 Breast</b>	<b>40</b>
<b>41</b>	<b>U8 25 Fly</b>	<b>42</b>
<b>43</b>	<b>9-10 100 Fly</b>	<b>44</b>

**SESSION #4**

**10/19/25 Warmup: TBD; Competition not before 8:00 am**

<b>Women</b>	<b>Event Description</b>	<b>Men</b>
<b>45</b>	<b>O13 400 IM</b>	<b>46</b>
<b>47</b>	<b>9-12 100 Freestyle</b>	<b>48</b>
<b>49</b>	<b>O13 200 Freestyle</b>	<b>50</b>
<b>51</b>	<b>9-12 50 Back</b>	<b>52</b>
<b>53</b>	<b>O13 100 Back</b>	<b>54</b>
<b>55</b>	<b>9-12 100 Breast</b>	<b>56</b>
<b>57</b>	<b>O13 200 Breast</b>	<b>58</b>
<b>59</b>	<b>9-12 50 Fly</b>	<b>60</b>
<b>61</b>	<b>O13 100 Fly</b>	<b>62</b>
<b>63</b>	<b>9-12 200 IM</b>	<b>64</b>
<b>65</b>	<b>O13 50 Freestyle</b>	<b>66</b>

**SESSION #5**

**10/19/25: TBD; Competition not before 11:00am**

<b>Women</b>	<b>Event Description</b>	<b>Men</b>
<b>67</b>	<b>OPEN 500 Freestyle</b>	<b>68</b>

**\*\*1000 and 500 Free Swimmers must provide their own timer and counter**



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**ENTRY / WAIVER FORM**

**THIS PAGE MUST BE COMPLETED AND RETURNED BY THE STATED DEADLINE 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 Recreational Center and staff, and Lexington Dolphins 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 AND KENTUCKY SWIMMING 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 (required)** \_\_\_\_\_

**Entry chair's email (required)** \_\_\_\_\_

**TEAM** \_\_\_\_\_ **CLUB CODE** \_\_\_\_\_ **PHONE** \_\_\_\_\_

**ENTRY SUMMARY**

<u>\$8.50</u>	Individual Entry	=	\$	<u>8.50</u>	X		# Individual Entries	=	\$	_____
<u>\$20.00</u>	Facility Fee	=	\$	<u>20.00</u>	X		# Swimmers Entered	=	\$	_____
<u>\$2.50</u>	KYLSC surcharge	=	\$	<u>2.50</u>	X		# Swimmers Entered	=	\$	_____
								<b>Total</b>	\$	_____

Please make checks payable to and mail with this completed form to:

Host Club Name Lexington Dolphins, Inc

Street Address 730 Millpond Rd.

City, State and Zip Code Lexington, KY 40514



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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.

**KENTUCKY SWIMMING Necessary Accommodation Form – Athlete**

Swimmer's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Meet: \_\_\_\_\_

Club: \_\_\_\_\_ LSC: \_\_\_\_\_ Coach: \_\_\_\_\_

Coach Cell # (at meet) \_\_\_\_\_

Accommodations needed; please describe.


Modifications needed; please describe.

Session	Event	Modification(s) Per Article 105

**Examples of Meet Accommodations and Modifications in accordance with Article 105**

Towel on block to start

Assistance at the block before and/or during the start

Takes longer to get to the block or exit pool

Preferred lane placement and/or exit to ladder

Sitting or alternative position on block (105.5.1.E(1)) Starter's arm signals (105.3.1)

Personal Assistant for mobility, tapper (B/VI) or communication

Legs due to immobility are unable to perform Breaststroke Kick

Any modification of a technical rule allowing parallel performance for a swimmer with a disability

**Please state all requested accommodations and modifications. 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.**