



## 2024 Sailfish Smackdown

January 20-21, 2024

Held under USA Swimming Sanction #: KYSC24-SWSF02

Held under US Masters Sanction #: 414-S001 by KYLMSC for USMS Inc.

Hosted by  
The  
Swimchester  
Sailfish and  
Sailfish  
Masters

<b>Location:</b>	Winchester-Clark County Parks and Recreation Pool 15 Wheeler Avenue, Winchester, KY 40391
<b>Facility:</b>	<p>The competitive indoor pool is 6 lanes by 25 yards. The depth of the pool at the start end is 11.5 feet. The depth at the turn end is 3.5 feet. The seating for spectators is 70, which includes handicapped seating for ~20. Colorado touchpad timing system and LED scoreboard are available. The competition course has not been certified in accordance with 104.2.2C (4) because USA Swimming no longer maintains a list of certified pools. <b>However, the length of the competition course is in compliance and on record with USMS in accordance with articles 105.1.7 and 106.2.1.</b></p> <p><b>USMS 103.18.9 Timing System Eligibility</b> Each race will be timed using a Colorado touchpad as the primary time source, with two (2) backup buttons and two (2) stopwatches as backup times. No swimmer shall be required to re-swim a race due to equipment failure that results in unrecorded or inaccurate time or place. Times from this competition WILL BE ELIGIBLE for USMS records and Top 10 consideration.</p> <p>Men's and Women's locker rooms are off the pool deck but are ONLY accessible to 17&amp;U athletes. 18&amp;O swimmers INCLUDING MASTERS SWIMMERS, and parents who wish to accompany their children to the locker rooms should utilize the family restrooms in either the upstairs or downstairs hallways.</p>
<b>Meet Director:</b>	Kevin Ryan, CoachKevinSWSF@gmail.com
<b>Meet Referee:</b>	Jason Thomas, jasonthomas44@hotmail.com
<b>Visiting Officials</b>	The Swimchester Sailfish 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>	Kevin Ryan, CoachKevinSWSF@gmail.com
<b>Medical Aide:</b>	WCCPR Lifeguard Staff. AED is available on the pool deck and in the main office of the building.
<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. All 13&O swimmers (including USMS) will swim in the AM and/or mid-day distance sessions. All 12&U will swim in the PM or mid-day distance sessions.

### 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> </ul>
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### Regulations/Waivers

	<ul style="list-style-type: none"> <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>
<p><b>Safe Sport 360</b></p>	<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> <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>
<p><b>Waiver/Release</b></p>	<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

<p><b>Eligibility:</b></p>	<ul style="list-style-type: none"> <li>All contestants must be currently registered USA Swimming members. Registrations will not be accepted at the meet. All adult USAS 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>USAS Coaches must be current coach members of USA Swimming in Good Standing and must present credentials upon request.</li> <li>All USMS swimmers must have a current membership in good standing with US Masters Swimming.</li> </ul>
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## Meet Entry & Operation Guidelines

<b>Swimmers with a Disability</b>	<ul style="list-style-type: none"> <li>The Swimchester Sailfish welcome 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, submit the SWAD Coaches and Meet Referee Communication Form (form is on Page 7 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> <i>**All warmup and session times are subject to change based on entry numbers and timeline.**</i>	<b>DATE</b>	<b>SESSION</b>	<b>WARM-UP START TIME</b>	<b>COMPETITION START TIME</b>
	1/20/24	#1: Sat AM (13&O)	8:00am	9:30am
	1/20/24	#2: Sat PM (12&U)	11:30am	12:30pm
	1/21/24	#3: Sun AM (13&O)	8:00am	9:00am
	1/21/24	#4: Sun Mid-day Distance	11:30pm	12:00pm
	1/21/24	#5: Sun PM (12&U)	12:30pm	1:30pm
<b>Entry Limits</b>  <b>Entry Fees</b>	<ul style="list-style-type: none"> <li>Swimmers may swim a maximum of 4 individual events per day.</li> <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>\$2.50 KY LSC surcharge per swimmer.</li> <li>\$15.00 Facility Fee per swimmer</li> <li>Deck entries will only be permitted for swimmers already entered in the meet. No new swimmers will be added to the meet after the entry deadline. Deck entries will be allowed for events 500y and shorter, so long as they do not require the creation of an additional heat. Deck Entry Fees are \$7.00 and are due at the time of entry.</li> </ul>			
<b>Entry Procedures</b>	<ul style="list-style-type: none"> <li>Deadline for receipt of entries is January 17, 2024 at 11:59pm</li> <li><b>USAS entries</b> must be submitted in SCY using an electronic meet entry software (Hy-Tek/Team Unify, etc.). Send entries via email to: CoachKevinSWSF@gmail.com. Checks should be made payable to: "Swimchester Sailfish". Checks and waivers must be submitted prior to the start of the first session of the meet.</li> <li><b>USMS entries</b> must submit entries using the ClubAssistant page to enter and pay for the meet: <a href="http://www.clubassistant.com/club/meet_information.cfm?c=2671&amp;smid=17944">www.clubassistant.com/club/meet_information.cfm?c=2671&amp;smid=17944</a></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>Lanes will be assigned to USAS teams and USMS swimmers in proportion to their entry numbers in that session.</li> <li>During the meet, the adjacent warm-water therapy pool (15m long, 89F) will be open for continuous warmup/warmdown. Mid-session, the competition pool MAY be made available for warmup/warmdown for athletes at the Meet Referee's discretion.</li> <li>USAS coaches must maintain contact with their swimmers during their assigned pre-session warmup times.</li> <li>Warm-ups will be monitored jointly by the Meet Director and Meet Referee (or their special designees).</li> </ul>			



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Meet Entry & Operation Guidelines	
	<ul style="list-style-type: none"> <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>	The 400 IM, 500 Free, and 1000 Free will all be a positive check-in, deck-seeded, timed final events. Athletes must positively check in for those events by the end of warmups of for that event's session. Athletes failing to check in by wishing to swim those events may be re-inserted at the Meet Referee's discretion, so long as it does not require creating an additional heat. USMS swimmers wishing to enter the 400IM or 500 Free must have a minimum entry time of 8:00.00. USMS swimmers wishing to enter the 1000 Free must have a minimum entry time of 14:00.00.
<b>Scratch Rules</b>	Athletes may scratch any event at any time without penalty. The host team asks that any scratches be reported as early as possible to the Meet Referee to allow for condensing heats to save time.
<b>Clerk of Course</b>	A Clerk of Course will be provided for 10&Under swimmers ONLY during the Saturday and Sunday PM sessions in the gymnasium
<b>Athlete Seating</b>	<p><b>USMS Athletes</b> will have their own bleacher on the pool deck during the AM and Mid-Day Distance sessions for seating. Should this be insufficient, there is overflow seating in the upstairs gymnasium</p> <p><b>13&amp;O Athletes</b> should have adequate bleacher and deck space to remain in the pool area during the AM and Mid-Day Distance sessions. Should that be insufficient, there is overflow seating in the upstairs gymnasium.</p> <p><b>12&amp;Under athletes</b> may not remain on the pool deck unless they are behind the blocks preparing to race, racing, or warming up or down. Otherwise, they are to remain in the upstairs gymnasium at all times.</p>
<b>Spectator Seating</b>	<b>Spectators</b> should have adequate bleacher space on the pool deck. Should that be insufficient, there is overflow seating in the upstairs gymnasium.
<b>Awards</b>	Scoring will be standard invitational scoring, 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. PM events will be swum as 12&U, but for scoring purposes, they will be split and scored in the 8&Under, 9-10, and 11-12 age groups. The 13&Over events will be split and scored as 13-14 and 15&Over for USAS swimmers. For USMS swimmers, event age groups will be 18-24, 25-29, 30-34... in 5-year increments as high as necessary. The High Point award for the male and female winner of each age group will be based on an athlete's six (6) highest scoring events. USAS winners will receive a WWE-style heavyweight championship belt. There are no prizes for first and second runners-up or for USMS swimmers.
<b>Admission/Heat Sheets</b>	There is no admission cost for spectators. Heat sheets will be provided in PDF form to USAS coaches and to each USMS swimmer no later than Friday afternoon. The meet will also be posted on the MeetMobile app as the "2024 Sailfish Smackdown".
<b>Timers/Counters</b>	Athletes swimming the 1000 Free should provide their own timer and counter. Athletes swimming the 500 should provide their own counter. The host team will provide timers for all events other than the 1000 Free.
<b>Hospitality</b>	A hospitality room will be available to coaches, meet officials, timers, and meet workers in the lifeguard office just off of the pool deck.



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### Session 1: Saturday AM 13&Over

1/20/2024

8:00am Warmup & 9:00am Start

Women	Event Description	Men
1	13&O 400 IM	2
3	13&O 100 Back	4
5	13&O 200 Fly	6
7	13&O 100 Free	8
9	13&O 200 Breast	10
11	13&O 100 IM	12
13	13&O 500 Free	14

### Session 2: Saturday PM 12&U

1/20/2024

11:30am Warmup & 12:30pm Start

Women	Event Description	Men
15	12&U 400 IM	16
17	12&U 100 Back	18
19	12&U 50 Fly	20
21	12&U 200 Fly	22
23	12&U 100 Free	24
25	12&U 50 Breast	26
27	12&U 200 Breast	28
29	12&U 100 IM	30

### Session 3: Sunday AM 13&Over

1/21/2024

8:00am Warmup & 9:00am Start

Women	Event Description	Men
31	13&O 200 IM	32
33	13&O 100 Breast	34
35	13&O 200 Free	36
37	13&O 100 Fly	38
39	13&O 200 Back	40
41	13&O 50 Free	42

### Session 4: Sunday Mid-Day Distance

1/21/2024

11:30am Warmup & 12:00p Start

Women	Event Description	Men
43	Open 1000 Free	44

### Session 5: Sunday PM 12&Under

1/21/2024

12:30pm Warmup & 1:30pm Start

Women	Event Description	Men
45	12&U 200 IM	46
47	12&U 100 Breast	48
49	12&U 200 Free	50
51	12&U 100 Fly	52
53	12&U 50 Back	54
55	12&U 200 Back	56
57	12&U 50 Free	58
59	12&U 500 Free	60



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**Summary of Fees/Release Form (USAS Teams ONLY)**

Team Name	
Club Name	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total #	Cost per	Total
Individual Entries		\$7.00 per event	
Relay Entries		\$0.00 per relay	N/A
KYLSC Swimmer Surcharge		\$2.50 per swimmer	
Facility Surcharge		\$15.00 per swimmer	
Total Fees Due			

Make Checks Payable to: **SWIMCHESTER SAILFISH**

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 Winchester-Clark County Parks and Rec and staff, the Swimchester Sailfish, and the Sailfish Masters 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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### LODGING OPTIONS IN WINCHESTER

Holiday Inn Express Lexington East-Winchester  
100 Winchester Plaza, Winchester, KY 40391  
859.795.8050

Hampton Inn Winchester  
1025 Early Drive, Winchester, KY 40391  
859.745.2000