



97th ANNUAL OHIO VALLEY CHAMPIONSHIPS
JUNE 5-6-7, 2025

SANCTION#: Held under USA Swimming sanctioned by Kentucky Swimming KYLC25-LAK01

SITE: LAKESIDE SWIM CLUB, 2010 TREVILIAN WAY, LOUISVILLE, KY 40205.

FACILITY:

The famous "LAKE" contains a 50-meter course, with ten seven-foot-wide lanes and a minimum eight-foot depth throughout. The course is equipped with Competitor lane lines and custom designed starting blocks.

Competition will occur in 10 lanes. An additional 25 yard lanes are available for continuous warm-up / warm-down. Men's and Women's locker rooms are off the pool deck and are accessible to parents during the meet. Colorado timing system and scoreboard are used. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

MEDICAL ASSISTANCE: Lifeguards on duty at all times, AED on site.

IMPORTANT NOTE: The Lakeside Swim Club is a Private Swim Club and will be open to its members during the meet, therefore, please review the club rules and regulations listed

Lakeside Swim Club Rules and Regulations for Swim Meet Participants and Spectators

1. Swimmers, Coaches, and Spectators shall use the designated swim meet entrance, not the club's main entrance.
2. Loading and unloading of swimmers on Trevilian Way shall be in front of the club only. Do not load or unload on the opposite side of the street from the club.
3. Cars and Buses are not permitted to park in the loading zone, handicap spaces or yellow zone of the club. It is suggested that buses unload and return to the team hotel.
4. The Lakeside Swim Club prohibits glass, cans and alcoholic beverages on the property. Coolers and bags may be inspected by staff. Deck changes are not permitted on Lakeside Club property.
5. **Spectator fees do not include use of the club's recreational and/or fitness facilities.** However, the raft area, located adjacent to the 50 meter lanes, may be use by spectators, providing it is one person on a single person float, who remains on their float while watching the swim meet. No swimming is allowed in this area.
6. Swimmers are restricted to the competition areas and are not to use the recreational or fitness facilities.
7. The club staff is here for your safety and pleasure. Please review the pool information upon arrival as a swimmer and/or spectator.
8. Limited bleacher seating is available. Spectators and swimmers are welcome to bring their own chairs. Club chairs will not be available to swimmers and spectators.
9. In the event of thunderstorms, club policy is to clear the water and areas surrounding the water for 30 minutes from the last thunder clap and/or lightning strike. Meet Management and the Lakeside Staff will determine the meet schedule storm delay.

INCLEMENT WEATHER:

This is an outdoor facility and the Lakeside Swim Team and Lakeside Swim Club have no control over the weather. If events or sessions are cancelled or shortened due to excessive heat, cold, thunderstorms or other uncontrollable weather issues, there will not be any entry refunds, unless deemed necessary by the Meet Director. The Lakeside Swim Team and Lakeside Swim Club will have swimmer safety as their first concern and



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will make all decisions concerning the handling of any weather-related issues. By entering the meet, swimmers, parents and coaches are agreeing to the above conditions.

RULES Current USA Swimming and Kentucky Swimming rules will govern this meet. At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start 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. 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.

All coaches, on arrival for each session, must show his/her USA coach's Card for admittance and to receive the team's coach packet. The Meet Referee has the right to ask for coach credential and deny access if coaches do not comply or the card is no longer valid/current.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Locker rooms have separate changing areas and will be used by club members during the event, adult locker rooms are available.

Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, rest rooms or locker rooms or behind the starting blocks.

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.

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

TYPE OF MEET:

Senior and Age Group Time Standard Meet. Preliminary and Finals Meet for 13-14 and Senior Divisions, and Timed Finals Meet for 10-under and 11-12 groups. There will be Consolation and Final heats for 13-14 events. Senior will have Consolation and Final heats for all events 400 and less.

TIME STANDARDS:

This meet has the following qualifying time standards:

2021-2024 National Age Group Motivational Times 10-under & 11-12 National "A", 13-14 National "AA" and 15-over National 15-16 "AAA"



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SCORING:

Senior/13-14 - Individual: 24,21,20,19,18,17,16,15,14,13,11,9,8,7,6,5,4,3,2,1

Senior/13-14 - Relays: 48,42,40,38,36,34,32,30,28,26

Age Group 11-12 & 10 U Individual: 24,21,20,19,18,17,16,15,14,13

Age Group Relays 11-12 & 10 U: 48,42,40,38,36,34,32,30,28,26

AWARDS:

Senior & 13-14: No Awards

11-12 & 10 U: Medals will be awarded for 1st, 2nd, & 3rd. Ribbons for 4th-10th in all events

Visiting Team: 1st-\$350.00 Travel Fund Contribution

2nd-\$250.00 Travel Fund Contribution

3rd-\$150.00 Travel Fund Contribution

Please have swimmers/team representative pick up awards. None will be mailed.

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, June 5, 2025. 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. No entrant will be permitted to compete unless the entrant is a member as provided in Article 302.

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.

COACHES MEETING:

If a coaches meeting is deemed necessary, the Meet Director or Meet Referee and Aquatics Supervisor will provide information regarding time and location.

ENTRY LIMIT:

This meet will be strictly limited to **500 swimmers**. Senior and 13-14 swimmers may enter three (3) and compete in no more than three (3), individual events per day. 12 and under swimmers may enter and compete in no more than four (4) individual events per day

The following events may be limited in the following manner:

1500 Free

3 Heats (fastest 30 swimmers)



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800 Free 4 Heats (fastest 40 swimmers)

400 Free/400 I.M. 6 Heats (fastest 60 swimmers)

No entry fee refund for swimmers not making the event.

PROOF OF TIME: *If Meet Director deems necessary

Proof of Time for events 400 meters and longer shall be required for all swimmers not achieving the Standard Time. Failure to prove the Swimmer's ENTRY TIME shall result in the disqualification of the Swimmer's next individual event, Prelims or Finals, in which he/she is scheduled to compete. Proof of time shall be meet results in which the swimmer achieved his/her ENTRY TIME.

SCRATCH & CHECK-IN PROCEDURES:

All swimmers in the following events must check in with the Clerk of Course by the following deadlines. Failure to check in for that event will result in the swimmer being scratched

#3-4	Senior 400 I.M.	7:15 am	Thursday
#19-20	Senior 1500 Free	9:00 am	Thursday
#41-42	Senior 400 Free	7:15 am	Friday
#43-44	13-14 400 Free	7:15 am	Friday
#97-98	Senior 800 Free	7:15 am	Saturday
#111-112	11-12 400 Free	45 minutes prior to Saturday Afternoon Session	

- For swimmers not making the entry limit in the above events, the event shall be considered a scratch.
- All 13-14 and Senior relays must be checked in 45 minutes before the end of each morning session.
- There is no check in for any other events.
- Swimmers who wish to scratch any event in the prelims are requested to notify the Clerk of Course.

Events Seeded on the Deck

Swimmers entered in an individual event that is seeded on the deck, in whole or in part, who have checked in for that event, must swim in the event unless they notify the clerk of course before the seeding for that event has begun, that they wish to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmers being barred from the next individual event in which they are entered on that day or the next meet day, whichever is first. Swimmers with no additional events scheduled will be fined \$25. Events seeded on the deck shall be closed for seeding no LATER than thirty (30) minutes prior to the start of the session, except for the 1500 Free which will be seeded no LATER than 9:30AM Thursday.

Scratching from Consolation Finals and Championship Finals

1. Any swimmer qualifying for a consolation final or championship final race in an individual event who does not scratch during the 30 minute scratch period and fails to compete in said consolation final or championship final race shall be disqualified from their next scheduled event. Swimmers with no additional events scheduled will be fined \$25 (Referee discretion exception for failure to compete)
2. In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or championship final when possible with the next qualified swimmer(s). First and



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second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

There are no refunds for scratched or missed events

ENTRY FEES:

Individual Events- \$10.00 each; deck entries-\$20.00.

Relays- \$20.00 each; deck entries \$30.00.

Swimmer Surcharge-\$20.00 per swimmer; \$2.50 of which goes to the Kentucky LSC.

ENTRY DEADLINE:

Entries will not be accepted prior to 8:00 am April 28, 2025 or after May 6, 2025. Teams must have their entry in the Lakeside team office by 5:00pm on May 6th or it will not be accepted. No hand deliveries will be accepted. Teams will be advised if they are entered in the meet by May 12, 2025.

- Additional swimmers will not be accepted. Please make sure your entry is complete. We will accept corrections to entry times until Monday, June 2 5:00 pm EDT.
- If you need more information, please contact the Meet Director or Mike DeBoor
- Entries must be submitted electronically to the Lakeside swim office at: deboor@lakesideseahawks.org. Handwritten, telephone, or fax entries will not be accepted. If the USAS ID for any swimmer is omitted, that swimmer's entries will not be accepted.
- **All entry times should be in Long Course Meters.**
- Make checks payable to Lakeside Swim Team, and mail with the entry and release form to:
97th Ohio Valley Championships
c/o Entry Chairman
1928 Woodbourne Ave
Louisville, KY 40205

WARM UP & START TIMES:

THURSDAY, FRIDAY & SATURDAY MORNING PRELIMS

Warm-ups: 7:00am Meet: 8:00am

THURSDAY& FRIDAY NIGHT FINALS

Warm-ups: 5:30pm Meet: 6:30pm

SATURDAY NIGHT FINALS

Warm-ups: 4:30pm Meet: 5:30pm

12 & UNDER WARM-UP SESSION – Exact warm-up times will be announced after all entries are in hand.

THURSDAY AFTERNOON warm-ups approx. 1:30 PM

FRIDAY AFTERNOON warm-ups approx. 12:00 PM

SATURDAY AFTERNOON warm-ups approx. 1:00 PM

WARM UP TIME ON WEDNESDAY:

Teams traveling from outside the Metro Louisville area wishing to warm-up on Wednesday afternoon must contact the team office at (502) 451-4333, to schedule pool time. Entrance will not be permitted to any team or



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participant who does not make such arrangements. The 50-meter lanes will be available for warm up between 4:00 pm and 8:30 pm.

WARM-UP PROCEDURE

FIRST 20 MINUTES Lanes 1-10 are General Warm-up & No diving

SECOND 20 MINUTES Lanes 9 & 10 are Pace Lanes. Lanes 1-8 are General Warm-up & No diving

THIRD 20 MINUTES Lanes 1-4 Sprint One Way Only. Lanes 5-8 are General Warm-up & No diving.
Lanes 9-10 Pace Lane

Depending upon the number of entries and distribution of swimmers by team, the host reserves the right to make lane assignments for warm-up and adjust the above procedures to allow a safe and timely warm-up for all competitors.

TIMED FINAL EVENTS:

The 1500 Free will be swum at the end of Thursday morning session. The 800 Free will be swum at the end of the Saturday morning session. **Both events will be swum fastest to slowest, alternating women and men's heats.**

- Each entrant in the 1500 & 800 Free will be required to furnish **one timer and a counter** for his/her heat and lane.
- All events in the afternoon sessions are timed finals.

Relays for the 13&Over Sessions will swim during finals.

DECK ENTRIES:

Deck entries will be accepted at the discretion of the Meet Referee.

CLERK OF COURSE:

This will be a pre-seeded meet. Clerk of course will be open for check in and for swimmers to scratch from their events. Failure to do so will count as an event swum.

COACHES CERTIFICATION:

It is required that coaches display USA coaches' certification at all times while on deck and for admission to the meet.

SPECTATOR ADMISSION: Spectator is anyone age 1 year or older and cash or credit card accepted.
The Lakeside Club, not the Team, sets, collects and retains the admission fee.

Three Day Pass \$30.00

Single Day Pass \$10.00

Single Day Finals ONLY Pass \$5.00

HEAT SHEETS:

Heat sheets will be published electronically on Meet Mobile and in PDF format on the Lakeside Website.



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MEET DIRECTOR: Dena Braeger lksmeetmanager@gmail.com

MEET REFEREE: Travis Hammond officials@lakesideseahawks.org

PLEASE NOTE:

Within the spirit of competition there are infrequent occasions when the conduct of a competitor is questionable. It will be the responsibility of coaches, assistants, and/or team chaperones to monitor competitors' activities during the conduct of the swim meet. Instances involving the destruction of property, abuse of meet workers, theft, or any other behavior deemed by the Referee or Lakeside Swim Club personnel to be detrimental to the conduct of the swim meet may be grounds for dismissal from the meet.

COMPLIMENTARY COACHES' LUNCH:

The Lakeside Swim Team Parents are hosting a lunch each day for the coaches in the trophy room on the second floor of the Eckard Building. Stop by each day between 11:30 am and 2:00 pm to have lunch, relax, and get out of the sun.

OFFICIALS & TIMERS:

The Lakeside Seahawks welcome the assistance of any visiting parent who would like to serve as an official or timer. Officials can contact the Meet Referee or sign up in advance on the KYLSC website www.kylsc.org



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ORDER OF EVENTS

THURSDAY MORNING SESSION

EV#	GIRLS	EVENT DESCRIPTION	BOYS	EV#
1		Open 200 Medley Relay*		2
3		Open 400 Ind. Medley		4
5		13-14 200 Free		6
7		Open 200 Free		8
9		13-14 100 Breast		10
11		Open 100 Breast		12
13		13-14 100 Fly		14
15		Open 100 Fly		16
17		Open 200 Free Relay*		18
19		Open 1500 Free**		20

*TIMED FINAL EVENTS, Swim in Finals Session only

**TIMED FINAL EVENTS, Fastest to slowest, alternating girls/boys

THURSDAY AFTERNOON SESSION

21	10-Under 50 Fly	22
23	11-12 50 Fly	24
25	10-Under 50 Back	26
27	11-12 50 Back	28
29	10-Under 50 Breast	30
31	11-12 50 Breast	32
33	10-Under 50 Free	34
35	11-12 50 Free	36
37	10-Under 200 Free Relay	38
39	11-12 200 Free Relay	40

FRIDAY MORNING SESSION

41	13-14 400 Free	42
43	Open 400 Free	44
45	13-14 200 Breast	46
47	Open 200 Breast	48
49	13-14 50 Free	50
51	Open 50 Free	52
53	13-14 100 Back	54
55	Open 100 Back	56
57	13-14 400 Medley Relay*	58
59	Open 400 Medley Relay*	60

*TIMED FINAL EVENTS, Swim in Finals Session only



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FRIDAY AFTERNOON SESSION

61	11-12 200 Free	62
63	10-Under 200 Free	64
65	11-12 100 Fly	66
67	10-Under 100 Fly	68
69	11-12 100 Breast	70
71	10-Under 100 Breast	72
73	11-12 200 Medley Relay	74
75	10-Under 200 Medley Relay	76

SATURDAY MORNING SESSION

77	13-14 200 Back	78
79	Open 200 Back	80
81	13-14 100 Free	82
83	Open 100 Free	84
85	13-14 200 I.M.	86
87	Open 200 I.M.	88
89	13-14 200 Fly	90
91	Open 200 Fly	92
93	13-14 400 Free Relay*	94
95	Open 400 Free Relay*	96
97	Open 800 Free**	98

*TIMED FINAL EVENTS, Swim in Finals Session only

**TIMED FINAL EVENTS, Fastest to slowest, alternating girls/boys

SATURDAY AFTERNOON SESSION

99	11-12 100 Free	100
101	10-Under 100 Free	102
103	11-12 200 IM	104
105	10-Under 200 IM	106
107	11-12 100 Back	108
109	10-Under 100 Back	110
111	11-12 400 Free	112



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WAIVER & ENTRY SUMMARY SHEET

WAIVER: In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators, assignees, and swimmers waive and release and all claims against Seahawks, the Lakeside Corporation, Kentucky Swimming, Inc, USA Swimming, Inc and their staff, for injuries and/or expense incurred by me/us at the meet or while on the road to and from the meet. I/WE are bona fide members of United States Swimming as a team, coach, athlete, or administrator and are eligible to compete in all events I/we have entered.

INCLEMENT WEATHER: This is an outdoor facility and the Lakeside Swim Team and Lakeside Swim Club have no control over the weather. If events or sessions are cancelled or shortened due to excessive heat, cold, thunder storms or other uncontrollable weather issues there will not being any entry refunds, unless deemed necessary by the Meet Director. The Lakeside Swim Team and Lakeside Swim Club will have swimmer safety as their first concern and will make all decisions concerning the handling of any weather-related issues. By entering the meet, swimmers, parents and coaches are agreeing to the above conditions.

SIGNATURE _____ TITLE _____

TEAM _____ CODE _____

TEAM ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____ COACH _____

SUMMARY OF ENTRIES:

_____ Individual events x \$10.00 each = _____

_____ Relays x \$20.00 each = _____

_____ Swimmers x \$20.00 Swimmer Surcharge Fee = _____

TOTAL DUE \$ _____

Make checks payable to "Lakeside Swim Team" and mail entry & release form to:

97th Ohio Valley Championships
c/o Entry Chairman
1928 Woodbourne Ave
Louisville, KY 40205

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