

RACE Back to School Meet

Friday, Saturday and Sunday, Sept. 22 and 24, 2023

Sanction	Sanctioned by USA Swimming, Inc.; issued by Kentucky Swimming, Inc # KYSC 24-RACE01
Location	Warren County Academic and Aquatic Center 303 Lovers Lane Bowling Green, KY 42103 (I-65 Exit 26, west towards town, left on Lover's Lane (1 st light), then approx. ½ mile on right, behind Board of Education building beside Briarwood Elementary)
Meet Director:	Caty Flikkema caty@raceaquatics.org 406-539-1849
Meet Referee:	Becky Gilpatrick
Admin. Referee:	Ashten Phillips
Entry Chair:	Caty Flikkema caty@raceaquatics.org 406-539-1849
Officials	RACE Aquatics welcomes and asks for the assistance of certified officials to assist in any capacity, including timers.
Facility	The Warren County Academic and Aquatic Center. It is an 8-lane facility. Competition will use 6 lanes, keeping one lane as a buffer, and one lane for warm-up, cool-down. Pool Depth: 4 ft. at shallow end and 12 ft. 6 in. at deep end. The competition course has been certified in accordance with article 104.2.2C(4) ... Bleacher and chair seating is available. NO FOOD OR DRINKS OTHER THAN WATER ALLOWED on the POOL DECK (this includes the Bleacher/seating area). Food is allowed in the lobby.
Medical Supervision	AED Device, standard first aid kit
Parking	Ample free parking is available behind the Board of Education, and in Briarwood Elementary Lot
Awards	Event ribbons awarded for 8&U, 9-10, 11-12, 1st-8th place. Ribbons will be MAILED. (Allow 10-14 days)
Admission	No Admission charge, heat sheets may be sold

Format	This is a timed-finals swim meet. The entries will be open to the first 300 USA Swimming registered swimmers. No on-deck registration. Events will run slowest to fastest with the exception of distance events. Fly-over starts may be used at the discretion of the Meet Referee (and communicated in the coaches meeting). More information and updated meet information can be found on the website: RACEAQUATICS.ORG
Eligibility	<ol style="list-style-type: none"> 1. 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. 2. Age is as of the first day of the meet, September 22, 2023. 3. Coaches must be current coach members of USA Swimming and must wear credentials during the meet. 4. 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.
Entry Limits	Each swimmer may enter a maximum of five events per day.
Entry Notes	13&O events 200s of stroke and 500 free may have a minimum time standard. Swimmers with NTs in those events should be at least the minimum standard for the next distance down.
Entry Fees	<p>\$8.00 per individual event (includes the KYLSC surcharge of \$0.35) \$12.00 per relay \$10* per individual deck entry (only swimmers already registered) * Accepted at the discretion of the Meet Referee; payable at the meet.</p> <p>Entry fees are non-refundable.</p>
Surcharges	<p>\$2.50 per swimmer KYLSC surcharge \$15.00 per swimmer facility surcharge</p> <p>Make one check payable to: RACE Aquatics</p>
Entry Deadline	<p>Friday, September 13, 2023, 6:00 pm No late entries will be accepted. Limited revisions accepted after deadline.</p> <p>Email entries to entry chair Caty Flikkema (caty@raceaquatics.org). Files must be loadable into Hytek Meet Manager. An Entry Report will be returned to each team to verify entries.</p> <p>Mail waiver and payment to: RACE Aquatics PO Box 51614 Bowling Green, KY 42102</p>

Clerk of Course May be used as needed for 10u events

Warm-ups

Warm-Up Notes Teams will be assigned lanes based on the number of swimmers in the meet.

Schedule

Friday:

Warm-up 4:00pm, meet start 5:00pm

500 Freestyle positive check in due by end up warm-ups

Swimmers must provide own timers and lap counters

Saturday

Warm-up 8:00am, meet start 9:00am

1000 Freestyle positive check in due by end of warm-ups

Swimmers must provide own timers and lap counters

Sunday:

1650 Freestyle Warm-up 7:00 am, 1650 Freestyle start time 8:00am

General warm-up 30 minutes after 1650 Freestyle finish

1650 Freestyle positive check in due by 7:30am

Swimmers must provide own timers and lap counters

8 Lanes may be used if needed (depending on meet management and referee)

The schedule will be subject to change depending upon the timeline.

Miscellaneous

Official's Meeting There will be an official's meeting 30 minutes prior to the start of swimming competition.

Coaches Meeting A coaches' meeting will be held 15 minutes prior to the start of competition on Saturday morning. Additional coaches' meetings as necessary.

Concessions No concession will be sold.

SWIMMERS WITH A DISABILITY:

Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) list in the email accompanying the Hy-Tek entry file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

OFFICIATING OPPORTUNITY:

Anyone that is a USA Swimming certified official is welcome and encouraged to join the Kentucky Swimming officials in officiating this meet. Please contact the meet director in advance of the meet if possible to apprise her of your availability at caty@raceaquatics.org

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.

RULES:

- Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.
- 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.
- Use of audio or video recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.
- Changing into or out of swimsuits other than in the locker rooms or other designated areas "deck changing" is not appropriate and is prohibited.
- 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

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.

Event Order

Friday, September 22, 2023

Warm-up 4:00pm, Competition 5:00pm

Event Women	Friday	Event Men
1	11&O Mixed 400 IM	
2	12&U Mixed 200 IM	
3	11&O Mixed 500 free	

Saturday, September 23, 2023

Warm-up:8:00am, Competition 9:00am

Event Women	Friday	Event Men
5	12&U 50 breast	6
7	13&O 200 breast	8
9	8&U 25 back	10
11	12&U 100 back	12
13	13&O 100 back	14
15	12&u 200 free	16
17	13&O 200 free	18
19	8&U 25 fly	20
21	12&U 100 fly	22
23	13&O 100 fly	24
25	12&U 50 free	26
27	13&O 50 free	28
29	13&O Mixed 1000 free	

Sunday, 24, 2023

1650 Warm-up:7:00am, Competition 8:00am

General warm-up: 30 minutes after finish of 1650

Event Women	Friday	Event Men
31	11&O Mixed 1650	
33	12&U 100 IM	34
35	13&O 200 IM	36
37	8&U 25 free	38
39	12&U 100 free	40
41	13&O 100 free	42
43	12&U 50 fly	44
45	13&O 200 fly	46
47	8&U 25 breast	48
49	12&U 100 breast	50
51	13&O 100 breast	52
53	12&U 50 back	50
55	13&O 200 back	56

Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for him/herself, the club and its swimmers, their successors and assigns, hereby release and forever discharge RACE Aquatics Swim Club and its Board of Directors, USA Swimming, Warren County Public School System, Kentucky Swimming, Inc., Warren County Park & Rec Dept. and each of their respective officers, agents, employees, members, successors and assigns, and all other persons in any way connected with this swim meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event. Further the undersigned representative and his swimmers shall indemnify and hold harmless RACE Aquatics Swim Club, USA Swimming, Kentucky Swimming, Inc., Warren County Public School System, and Warren County Park & Rec Dept. and the officers, trustees, agents, employees and members of the foregoing and all other persons in any way connected with this event, from any and all other losses, expenses, damages, demands and claims arising out of or in connection with any injury, including death, or alleged injury or damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Executed this _____ day of _____, 2023

SIGNATURE _____ POSITION _____

ENTRY PERSON _____ PHONE _____

TEAM _____ TEAM CODE _____

TEAM ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

RECAP OF ENTRIES:

_____ Individual Events x \$8.00 =	\$ _____
_____ Relay Events x \$12.00 =	\$ _____
_____ Total Swimmers Entered for KYLSC Surcharge x \$2.50 =	\$ _____
_____ Total Swimmers Entered for Facility Fee x \$15.00 =	\$ _____
	Total \$ _____

Make Checks Payable to RACE Aquatics and mail to:

RACE Aquatics
PO Box 51614
Bowling Green, KY 42102

No swimmer will be permitted to compete unless the entrant is a member as provided in Article 302 Held under the sanction of USA Swimming