

RACE to Championships

March 1-3, 2024

SANCTION	Held under the sanction of USA Swimming, Inc.; issued by Kentucky Swimming, Inc #KYSC24-RACE02
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 406-539-1849 caty@raceaquatics.org
MEET REFEREE	Jon Andrews jon@raceaquatics.org
ADMIN. REFEREE	Ashten Burton
ENTRY CHAIR	Caty Flikkema 406-539-1849 caty@raceaquatics.org
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) ... 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
AWARDS	Event Ribbons will be awarded for 8&U, 9-10, 11-12, 1 st -8th place. Ribbons will be mailed (Allow for 10-14 days).
PARKING	Ample free parking is available behind the Board of Education, and in Briarwood Elementary Lot.
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 150 USA Swimming registered swimmers per session and/or 4 hour time limit, whichever comes first. The Open and 12 & U sessions may be combined into one session if the single session does not exceed the four hour time limit. On-deck registration is at the discretion of the meet manager. Events will run SLOWEST TO FASTEST with the exception of distances 400 yards and over.

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

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, March 1, 2024.
3. Coaches must be current coach members of USA Swimming and must have 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 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.
5. All swimmers must be 18 & Under as stipulated by Race Aquatics Contract with Warren County Public Schools.

ENTRY LIMITS

Each swimmer may enter a maximum of five events per day.

ENTRY NOTES

Events 400 yards and longer and the 12/Under 200 Individual Medley will be swum as MIXED events. Swimmers entered in event 500 yards and longer MUST provide their own counter.

ENTRY FEES

\$8 per individual event (includes the KYLSC surcharge of \$0.35)

\$12 per relay

\$10* per individual deck entry (only swimmers already registered)

* Accepted at the discretion of the Meet Referee; payable at the meet.

Entry fees are non-refundable.

SURCHARGES

\$2.50 per swimmer KYLSC surcharge

\$20.00 per swimmer facility surcharge

Make one check payable to: RACE Aquatics

ENTRY DEADLINE

Friday, February 23, 2024 by 8:00 pm

No late entries will be accepted. Limited revisions accepted after deadline.

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.

Mail waiver and payment to:

RACE Aquatics
PO Box 51614
Bowling Green, KY 42102

WARM-UPS

Teams will be assigned warm up lanes based on the number of swimmers in the meet.
Friday

- Warm-ups @ 5:00pm, Competition @ 6:00pm

Saturday

- Open – Warm-ups @ 8:00am, Competition @ 9:00am
- There will be a 10 minute break for warmup before the 1000 free
- 12/Under – Warmups not before 11:00 am, Competition not before 11:30 am

Sunday

- Open – Warm-ups @ 8:00am, Competition @ 9:00am
- There will be a 10 minute break for warmup before the 1650 free
- 12/Under – Warm-ups not before 11:00am, Competition not before 11:30am

The meet director reserves the right to adjust warm-up, competition and sessions as needed. The meet director also reserves the right to have one session for Open and 12&U if the combined session is still under the four hour time limit.

Miscellaneous

OFFICIAL'S MEETING

There will be an official's meeting 45 minutes prior to the start of swimming competition.

COACHES MEETING

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

CONCESSIONS

No concessions 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) Complete and submit with entries the Swimmers with a Disability Coach and Meet Referee Communication Form <https://www.gomotionapp.com/team/szkyslsc/page/kylsc-meets> 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 him of your availability at atcaty@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

- 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.
- The 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 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, March 1, 2024

Warmup: 5:00 pm, Competition: 6:00 pm

Girls	Event	Boys
1	Open Mixed 400 IM	
2	12&U Mixed 200 IM	
3	Open Mixed 500 free	

Saturday, March 2, 2024

Warmup: 8:00 am, Competition: 9:00 am

Girls	Event	Boys
5	Open 200 butterfly	6
7	Open 100 backstroke	8
9	Open 50 freestyle	10
11	Open 200 breaststroke	12
13	Open 100 freestyle	14

#15 – Open Mixed 1000 freestyle

Saturday, March 2, 2024

Warmup: Not before 11:00 am Competition not before 11:30 am

Girls	Event	Boys
17	12/U 200 free	18
19	12/Under 100 butterfly	20
21	12/Under 50 backstroke	22
23	12/Under 100 breaststroke	24
25	12/Under 50 freestyle	26

Sunday, March 3, 2024

Warmup: 8:00 am, Competition: 9:00 am

Girls	Event	Boys
27	Open 200 freestyle	28
29	Open 100 breaststroke	30
31	Open 200 backstroke	32
33	Open 100 butterfly	34
35	Open 200 Individual Medley	36

#37 – Open Mixed 1650 freestyle

Sunday, March 3, 2024

Warmup: Not before 11:00 am, Competition not before 11:30 am

Girls	Event	Boys
39	12/Under 50 butterfly	40
41	12/Under 100 backstroke	42
43	12/Under 50 breaststroke	44
45	12/Under 100 freestyle	46
47	12&U 100 IM	48

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.

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, RACE AQUATICS, INC., Warren County Public School System, and Warren County Park & Rec Dept. 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.

Executed this _____ day of _____ 2021

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 \$20.00 =	\$ _____
	Total \$ _____

Make Checks Payable to RACE Aquatics and mail to:
RACE Aquatics
PO Box 51614
Bowling Green, KY 42102

**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**