

Race To State- Lexington Dolphins, Inc
3/1/24-3/3/24
Held under USA Swimming Sanction #KYSC24-LEXD03

LOCATION: Falling Springs Arts and Recreation Center, 275 Beasley Drive, Versailles, KY 40383

FACILITY: The competitive swimming pool measures 8 lanes by 25 yards. 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.

Colorado timing system with infinity timer and 8 lane scoreboard are available. Competition will occur in 6-8 lanes as dictated by entries. Where 8 lanes are used there will be adequate breaks for warm up and cool down.

17 and U athletes will use the locker rooms off of the pool deck. All 18 and O athletes and parents wishing to accompany their child must use the facility restrooms in the entrance hall next to the gym. Family restrooms are also available for this purpose.

Officials should use the restrooms in the entrance hall.

MEET DIRECTOR: Michelle Doolin 859 333-6091, marymichelledoolin@gmail.com

MEET REFEREE: Jessica Lair 859 248-4060, jcristlair@gmail.com

ENTRY CHAIR: Terri Tonges 859 492-5028, tjtonges@twc.com

SAFETY DIRECTOR: Dave Doolin 859-621-8967, coachdave@lexingtondolphins.org

MEDICAL SUPERVISION: Falling Springs Lifeguard staff will provide first aid. An AED is available immediately outside the entrance to the pool area.

SAFESPORT: 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 visual recording, including a cell phone camera, is not allowed in changing areas, restrooms, behind the starting blocks or locker rooms.

Deck changes are 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.

****All warm up and session times are subject to change based on entry numbers and timeline****

MEET SCHEDULE	DATE	WARM-UP START TIME	COMPETITION START TIME
SESSION 1	3/1/24	4 pm	5:15 pm
SESSION 2	3/2/24	Not before 7 am	Not before 8:30 am
SESSION 3	3/2/24	15 min after end of AM session	Not before 11 am
SESSION 4	3/3/24	Not before 7 am	Not before 8:30 am
SESSION 5	3/3/24	15 min after end of AM session	Not before 11 am
SESSION 6	3/3/24	15 min after end of 1000	Not before 12 pm

Warm up lanes will be assigned. 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 2/29/24.

ENTRY DEADLINE: The due date for entries, electronic or otherwise is 2/23/24 by 5 pm.

ENTRY FEES: Individual events \$6.00 + 0.35 KY swimming splash fee as well as a \$18.50/athlete facility fee and a \$2.50 per swimmer KYLSC surcharge. Make checks payable to Lexington Dolphins (PO Box 23231, Lexington KY 40524). There will be no refund of entry fees.

ENTRY LIMITATIONS: Swimmers may enter up to 6 individual events/day.

DECK ENTRIES: 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.

TIME TRIALS: Time trials may be offered at the discretion of the meet referee, time permitting.

SCRATCH RULES: 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.

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, 3/1/24. 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.

ENTRIES: All entries should be in SCY times

Only electronic entries will be accepted (Hy-Tek or SDIF). Handwritten, telephoned, or faxed entries will not be accepted with the exception of 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.

Note: Hy-Tek's Windows Team Manager II Lite can be downloaded and used free of charge at:
http://www.hy-tek.com/Demos/Swim_TEAM_MANAGER_II_Lite.exe

ENTRY PROCEDURE: The entry deadline is 2/23/24 by 5 pm

Please submit the entry file by e-mail to Terri Tonges at tjtonges@twc.com. Team Waiver and payment should be submitted by the start of warmups of the first session of the meet.

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.

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.

CONDUCT: 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 the 1000 free that will be swum fastest to slowest, alternating heats between girls and boys.

CLERK OF COURSE: will be available for 10 and U athletes.

AWARDS: None

PARKING: Abundant parking is offered in front of the Falling Springs Arts and Recreation Center entrance

RESULTS: 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.

HEAT SHEETS: Will be posted on the Lexington Dolphins website by Friday, March 1, 2024

SAFETY/WARM-UP: 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.

COACHES: Each team should submit a list of coaches in attendance and coaches' credentials should be worn at all times.

There will be a mandatory coaches' meeting 15 minutes prior to the start of the meet on Saturday 3/2/24.

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.

Coaches must show USA Swimming certification to receive their coach's packet and must wear credentials during the meet.

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 email Jessica Lair if you can help officiate during this meet. Please be sure your credentials are current and valid. In your email, please list your highest level of certification along with sessions you are able to work.

There will be an officials' meeting 60 minutes prior to the start of each swimming session.

VOLUNTEER REQUIREMENTS: 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.

NOTE: 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.

1. Outside of the pool area shoes must be worn and swimsuits must be covered.
2. Coolers are not allowed in the pool area. The facility rules prohibit outside food and drink.
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. Outside chairs are not allowed in the pool area. Chairs, folding or otherwise, may be brought into the facility if they are carried directly to overflow areas.
5. Signs or banners must be hung by masking tape or string only.
6. Radios, noisemakers, or anything else that might cause inconvenience to swimmers, coaches, officials, workers are prohibited in the pool area.
7. Walkie-talkies are prohibited inside the recreation center as their use may interfere with headsets used by our officials.
8. Flash photography is prohibited during the start of heats.
9. All trash must be deposited in the appropriate containers.
10. NO horseplay will be tolerated, including shooting baskets or tossing objects while on property.
11. Versailles – Woodford County Parks and Recreation Department prohibits smoking and alcohol.
12. Lost and found is located at the reception desk. All items turned in to lost and found will be held for 30 days, then disposed of or given away. Falling Springs Arts and Recreation Center and Woodford County High School, Lexington Dolphins are not responsible for lost or stolen items.

HOSPITALITY: Hospitality will be available to coaches and officials.

DIRECTIONS: Address is 275 Beasley Drive, Versailles, KY 40383

ACCOMMODATIONS: Holiday Inn Express and Suites 365 Commerce Dr, Versailles, KY 40383, phone 859 873-5501

EMERGENCY INFORMATION

Police: 911

Non-emergency: through Falling Springs Arts and Recreation Center 859 873-5948

Lifeguards will be there to administer care throughout the meet. There is an AED in the entrance area.

SESSION #1		
3/1/24 Warmup 4 pm: Competition 5:15pm		
Women	Event Description	Men
1	12 and U 200 Free	2
3	Open 500 Free	4
5	12 and U 200 IM	6
7	Open 400 IM	8
9	11-12 200 Back	10

SESSION #2**3/2/24 –warm up 7 am: Competition not before 8:30 am**

Women	Event Description	Men
11	13-14 200 IM	12
13	Open 200 IM	14
15	13-14 100 Free	16
17	Open 100 Free	18
19	13-14 200 Back	20
21	Open 200 Back	22
23	13-14 100 Breast	24
25	Open 100 Breast	26
27	13-14 200 Fly	28
29	Open 200 Fly	30

SESSION #3**3/2/24 Warm up 15 min after conclusion of session 2; competition not before 11 am**

Women	Event Description	Men
31	11-12 200 Breast	32
33	10 and U 50 Free	34
35	11-12 50 Free	36
37	10 and U 100 Back	38
39	11-12 100 Back	40
41	10 and U 50 Breast	42
43	11-12 50 Breast	44
45	10 and U 100 Fly	46
47	11-12 100 Fly	48
49	10 and U 100 IM	50

SESSION #4**3/3/24 Warm up not before 7 am: Competition not before 8:30 am**

Women	Event Description	Men
51	13-14 200 Free	52
53	Open 200 Free	54
55	13-14 100 Back	56
57	Open 100 Back	58
59	13-14 200 Breast	60
61	Open 200 Breast	62
63	13-14 100 Fly	64
65	Open 100 Fly	66
67	13-14 50 Free	68
69	Open 50 Free	70

SESSION # 5**3/3/24 – Warm-up immediately at conclusion of Session 4 - start time not before 11 am**

Women	Event Description	Men
71	Open 1000 Free**	72

****1000 Swimmers must provide their own timer and counter****SESSION # 6****3/3/24 – Warm-up immediately at conclusion of Session 5 - start time not before 12:00 pm**

73	11-12 200 Fly	74
75	10 and U 100 Free	76
77	11-12 100 Free	78
79	10 and U 50 Back	80
81	11-12 50 Back	82
83	10 and U 100 Breast	84
85	11-12 100 Breast	86
87	10 and U 50 Fly	88
89	11-12 50 Fly	90

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 Center and staff, and Lexington Dolphins, Inc. 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.

SIGNATURE _____ **TITLE** _____

Coach's email (required) _____

Entry chair's email (required) _____

TEAM _____ **CLUB CODE** _____ **PHONE** _____

ENTRY SUMMARY

<u>\$6.00</u>	+ .35¢ KYLSC splash fee	=	\$	<u>6.35</u>	X	_____	# Individual Entries	=	\$	_____
<u>\$18.50</u>	Facility Fee	=	\$	<u>18.50</u>	X	_____	# Swimmers Entered	=	\$	_____
<u>\$2.50</u>	KYLSC surcharge	=	\$	<u>2.50</u>	X	_____	# Swimmers Entered	=	\$	_____
_____						_____	Total		\$	_____
									\$	_____

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

Host Club Name Lexington Dolphins, Inc
Street Address PO Box 23231
City, State and Zip Code Lexington, KY 40524

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.