

TRITON Swimming
“The Jane & Bill Essig” Memorial Super Sprint
Sunday, January 28, 2024
Held under USA Swimming Sanction KYSC24-TS03

LOCATION: The Genesis Blairwood Club – 9300 Blairwood Road, Louisville, KY 40222

FACILITY: The competitive swimming pool measures 17 lanes by 25 yards. This competition will occur in 8 lanes. Daktonics timing system and scoreboard are available. Timing for 25’s will utilize the timing system with swimmers starting off the side of the pool if certified; otherwise, they must start in the water at the shallow end.

RESTROOMS & LOCKER ROOMS: Men’s and Women’s locker rooms are off the pool deck but are not accessible to parents during the meet. Parents who wish to accompany their children to the locker rooms should utilize the restrooms in the lobby.

MEET DIRECTOR: Susan Vlahos sdvlahos@hotmail.com

MEET REFEREE: Jason Brown kylscoc@gmail.com

ENTRY CHAIR: Ann Id-Lougssiy annidtriton@gmail.com

SAFETY DIRECTOR: Lifeguard Staff at the Genesis Blairwood Club

POOL MEASUREMENTS: The competition course *has not* been certified in accordance with 104.2.2C (4).

WATER DEPTH: The depth of the pool at the start end is 6.6 to 12 feet. The depth at the turn end is 6.6 to 12 feet.

RULES

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.

The use of audio or video recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.

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 Vice President of Program Operations.

Deck Changing: Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Athlete Protection Policy: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. All Adult Participants participating in or associated with this meet acknowledge that they are subject to the provisions of USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), and that they understand that compliance with the MAAPP is a condition of participation in the conduct of this competition. MAAPP best practices will govern the conduct of this meet.

Deck Access: 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.

STARTING TIMES: A.M. Session begins @ 9am, P.M. Session starts @ 2 pm

ENTRY DEADLINE: The due date for entries, electronic or otherwise, Monday, ***January 22, 2024, by 8:00 pm.***

DECK ENTRIES: No Deck Entries will be permitted.

ENTRY FEES: Individual events \$6.50; Relay Events \$10.00 plus a \$25.00 per swimmer KYLSC surcharge. Make checks payable to TRITON Swimming.

ENTRY LIMITATIONS: There are no entry limits for this meet.

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, 1/28/2024. 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 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.

ENTRIES: Submit Entries to: Ann Id-Lougssiy - Email: annidtriton@gmail.com

Please make all entries are 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

Relay Cards: All relay cards will be available via email 01/27/24 and will be due 30 minutes before the start of the meet.

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 SCY course. All events are deck seeded and timed finals. Heats will be swum slowest to fastest.

CLERK OF COURSE: To Be Announced

AWARDS: Ribbons will be awarded for place 1-8 and High point plaques for each age group.

ADMISSION COST: Free

RESULTS: Will be posted on www.KYLSC.org. Teams can be emailed results. You can see results during the meet @ tritonswimming.com "Meets" Tab and on Meet Mobile.

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: Please check your meet packet email for your lane assignments and times. It is extremely IMPORTANT for you to adhere to this schedule, as warm-up times are very limited. Coaches must show USA Swimming certification in order to receive their coach's packet, and must wear credentials during the meet. There will be a coaches' meeting 15 minutes prior to the start of each day's swimming competition. There will be an official's meeting 45 minutes prior to the start of each swimming session.

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 at all possible, to let either know of your availability. The meet director's and officials chair's contact information is listed below. We are also looking for anyone that is interested in becoming an official, for more information please contact the Official's Chair, available on the KYLSC website.

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.

Session 1 - Sunday AM - 9 & Under

Girls	Warm-up 8 a.m.	Competition 9 a.m.	Boys
1	9 Year Old	50 Butterfly	2
3	8 Year Old	50 Butterfly	4
5	7 Year Old	50 Butterfly	6
7	6 and Under	25 Butterfly	8
9	9 and Under	200 Free Relay	10
11	9 Year Old	50 Backstroke	12
13	8 Year Old	50 Backstroke	14
15	7 Year Old	50 Backstroke	16
17	6 and Under	25 Backstroke	18
19	9 Year Old	50 Breaststroke	20
21	8 Year Old	50 Breaststroke	22
23	7 Year Old	50 Breaststroke	24
25	6 and Under	25 Breaststroke	26
27	9 and Under	200 Medley Relay	28
29	9 Year Old	50 Freestyle	30
31	8 Year Old	50 Freestyle	32
33	7 Year Old	50 Freestyle	34
35	6 and Under	25 Freestyle	36
37	9 and Under Girls/Boys	100 IM	

Session 2 - Sunday AM - 10 & Over

Girls	Warm-up 1 p.m.	Competition 2 p.m.	Boys
39	12 Year Old	50 Butterfly	40
41	11 year Old	50 Butterfly	42
43	10 Year Old	50 Butterfly	44
45	10-12 Year Old	200 Free Relay	46
47	12 Year Old	50 Backstroke	48
49	11 year Old	50 Backstroke	50
51	10 Year Old	50 Backstroke	52
53	12 Year Old	50 Breaststroke	54
55	11 year Old	50 Breaststroke	56
57	10 Year Old	50 Breaststroke	58
59	10-12 Year Old	200 Medley Relay	60
61	12 Year Old	50 Freestyle	62
63	11 year Old	50 Freestyle	64
65	10 Year Old	50 Freestyle	66
67	12 and Under Girls & Boys	200 Backstroke	
68	12 and Under Girls & Boys	200 Breaststroke	
69	12 and Under Girls & Boys	200 Butterfly	

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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 Genesis Blairwood Club and staff, and TRITON Swimming 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.*

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 AND KENTUCKY SWIMMING 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. 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.

SIGNATURE _____ **TITLE** _____

Coach’s email (required) _____

Entry chair’s email (required) _____

TEAM/CLUB CODE _____ **PHONE** _____

TEAM ADDRESS _____

CITY _____ **STATE** _____ **ZIP CODE** _____

ENTRY SUMMARY

_____ **Individual Entries x \$6.50** = \$ _____

_____ **Relay Events x \$10.00** = \$ _____

_____ **Swimmers Entered x \$25.00** = \$ _____

TOTAL = \$ _____

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

TRITON Swimming, 9300 Blairwood Road, Louisville KY

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