



2010

Cardinal Invitational



Short Course Yards Sunday, March 14, 2010

USMS Sanction # 410-0002

- Schedule:* Event starts at 9:00 a.m. EDT; warm-ups at 8:00 a.m. Doors open at 7:30 a.m.
- Facility:* Competition will be held at Ralph Wright Natatorium at the University of Louisville. The facility is a brand new indoor 50-meter, 8-lane, 2-meter-deep pool operated at 80°F with non-turbulent lane lines and electronic timing. There will be separate lanes available for warm-up and warm-down during the meet. The natatorium is located at 2216 S. Floyd Street in Louisville. Parking is available in the Floyd Street Parking Structure and behind the facility.
- Eligibility:* Open to all registered Masters swimmers holding a valid 2010 USMS card. For further information on registration contact Susan Ehringer by email at KyRegistrar@usms.org.
- Rules:* 2010 USMS rules apply. All events are timed finals. There is a limit of five individual events per day plus relays. Your age as of March 14, 2010, determines your age group for the meet.
- Online Entries:* The online entry system is available at www.kylmsc.com. The online deadline is Wednesday, March 10, 2010. The fee for online entries is \$3.00 per event and \$5.00 surcharge. Maximum entries is five events.
- Paper and Deck Entries:* Paper entries must be received by Monday, March 8, 2010. The fee for the paper entries is \$3.00 per event and \$10.00 surcharge. Maximum entries is five events. Make checks payable to the **KY-LMSC**. Deck entries will be accepted prior to the end of warm-up. Mail your meet entry, check and photocopy of your USMS card to:
Meg Smath, 171 Creekwood Way, Nicholasville, KY 40356
Questions, contact C.J. Rushman at cjswamuc94@aol.com.
- Seeding:* All events will be pre-seeded slowest to fastest.
- Relays:* Relays will be deck-seeded at the meet. There is no additional cost for relays. All members of each relay must be members of the same USMS club.
- Results:* Results will be posted at the venue and at the conclusion of the meet, results will be posted online at www.kylmsc.org.
- Hotel:* There are several hotels a short distance from the pool. We recommend:
Hilton Garden Inn 2735 Crittenden Dr., Louisville, KY 40209, (502) 637-2424
Ramada Inn 2912 Crittenden Dr., Louisville, KY 40209 (502) 637-6336
Country Inn & Suites 2850 Crittenden Dr., Louisville, KY 40209 (502) 753-5555
- Meet Director:* C.J. Rushman, cjswamuc94@aol.com
- The Event:* The proceeds from this swim meet will be used to help fund swimming scholarships for Kentucky students at the University of Louisville. To date, we have raised more than \$7,100 to support varsity swimmers.

Order of Events

Sunday – Warm-up starts at 8:00 a.m. and the meet begins at 9:00 a.m.

1	Mixed	100 breast	9	Mixed	500 free
2	Mixed	200 free	10	Mixed	100 fly
3	Mixed	100 IM	11	Mixed	50 back
4	Mixed	200 fly	12	Mixed	200 breast
5	Mixed	100 back	13	Mixed	100 free
6	Mixed	50 free	14	Mixed	50 fly
7	Mixed	50 breast	15	Mixed	200 IM
8	Mixed	200 back	16	Men, women or mixed	200 free relay

Facility:

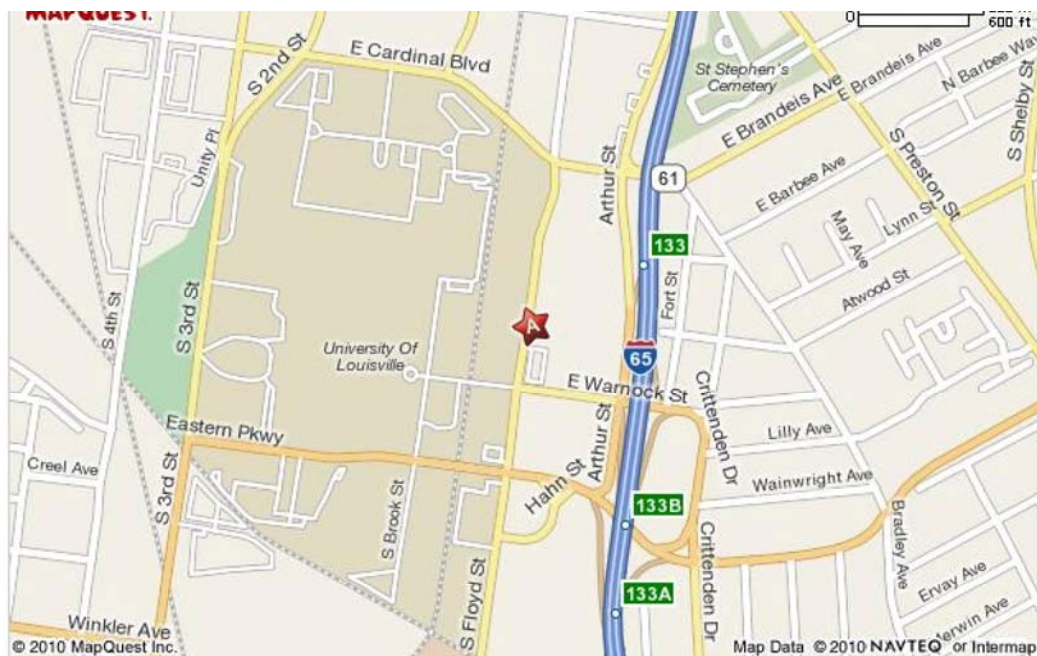
Ralph Wright Natatorium
University of Louisville
2216 S. Floyd St .
Louisville , KY 40208

From North of Louisville: South on I-65 to Eastern Parkway exit 133. Right on Warnock, one Block to Floyd. Natatorium is on the corner of Floyd and Warnock

From South of Louisville: North on I-65 to Warnock exit 133B. Left on Warnock and at the end of the exit, one Block to Floyd. Natatorium is on the corner of Floyd and Warnock

From East of Louisville West on I 64 to West I-264, Watterson Expressway, to North on I-65 to Warnock exit 133B. Left on Warnock and at the end of the exit, one Block to Floyd. Natatorium is on the corner of Floyd and Warnock

From West of Louisville: East on I-64 to South on I-65. Exit at Eastern Parkway exit 133. Right on Warnock, one Block to Floyd. Natatorium is on the corner of Floyd and Warnock



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Registration Information (please print)

Last name _____ First name _____
 USMS number _____
 Club _____ Team (if part of SKY) _____
 Address _____
 City _____ State _____ Zip _____
 Phone (____) _____ - _____ Email _____
 Date of Birth _____ Age on March 14 _____ Gender ____ M ____ F
 Emergency Contact Name _____ Phone Number _____

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Mixed	Event	Entry Time
1	100 breast	
2	200 free	
3	100 IM	
4	200 fly	
5	100 back	
6	50 free	
7	50 breast	
8	200 back	
9	500 free	
10	100 fly	
11	50 back	
12	200 breast	
13	100 free	
14	50 fly	
15	200 IM	
17	200 free relay	DECK ENTER

“I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHT TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.”

SIGNATURE _____ DATE _____