



**The Lakeside Mile**  
**Sunday, December 3, 2023**

SANCTIONED BY THE KENTUCKY LMSC FOR UNITED STATES MASTERS SWIMMING, INC  
 SANCTION NUMBER **413-S007**

**EVENTS:**

|                 |                          |
|-----------------|--------------------------|
| <u>Event #1</u> | 400-yard freestyle relay |
| <u>Event #2</u> | 1650-yard freestyle      |
| <u>Event #3</u> | 200-yard medley relay    |
| <u>Event #4</u> | 200-yard freestyle relay |

**SPONSORED BY:** Lakeside Masters Swim Team

**LOCATION:** Lakeside Swim Club, 2010 Trevilian Way, Louisville, KY 40205-2142  
 502.454.4585, [www.lakesideswim.com](http://www.lakesideswim.com)

**POOL:** 8-lane, 25-yard competition and 3-lane, 20-yard warm-up/cool-down pools with non-turbulent lane dividers. The primary timing system will be automatic (Colorado Timing Systems). Times can be submitted for world records, USMS records, and USMS Top Ten consideration. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top Ten and records will be contingent upon the verification of bulkhead placement.

**SCHEDULE:** Doors open: 7:00 a.m.  
 Competition pool warm-ups: 7:15 - 7:55 a.m.  
 Meet start: 8:00 a.m.

Event #1: 400-yard freestyle relay  
 10-minute break\*  
 Event #2: 1650-yard freestyle  
 10-minute break\*  
 Event #3: 200-yard medley relay  
 10-minute break\*  
 Event #4: 200-yard freestyle relay

\*schedule & break length may  
 be altered at discretion of  
 the meet director\*

Meet conclusion: 11:00 a.m. or earlier

**ELIGIBILITY:** All swimmers must have an active registration with U. S. Masters Swimming at the time of registration. No exceptions. Each swimmer is responsible for their proof of USMS registration and may be required to show it upon request by meet officials. **SWIMMERS MUST VERIFY THEIR USMS MEMBERSHIP UPON ONLINE & DECK REGISTRATION.** Deck entry forms should display your name and USMS number as it appears on your registration records with USMS. All swimmers shall represent their USMS Club and not their Workout Group.

**AGE** The age reported on your entry form must reflect your actual age as registered with USMS. A swimmer's age on December 31, 2023 determines their age for the meet.

**ONLINE ENTRY:** Online entry via Club Assistant is available:  
[www.clubassistant.com/club/meet\\_information.cfm?c=1282&smid=17862](http://www.clubassistant.com/club/meet_information.cfm?c=1282&smid=17862)  
Online entries will be accepted until **Saturday, December 2 at 12:00 p.m. EST.**

**MEET ENTRY DEADLINE & DECK ENTRIES:** The meet entry deadline is **Saturday, December 2, 2023 at 12:00 p.m. EST.** Paper deck entries for **all events** will be accepted until **Sunday, December 3, 2023 at 7:30 a.m. EST** provided there is room available. Any entry received after the deadline will be considered a deck entry and will be placed in the meet in the order it was received. There is a \$10 surcharge for all deck entries.

**1650 FREE ENTRY LIMIT:** **THE 1650-YARD FREESTYLE IS LIMITED TO THE FIRST 32 ENTRIES IN THE HANDS OF THE MEET DIRECTOR.**

**RELAY ENTRY:** Relay teams may be entered as MEN, WOMEN, or MIXED. Teams of all types will be seeded together in the same heats and scored separately. A swimmer may not swim on both a mixed and a same-sex team in the same event. All relays will be deck seeded. Relay cards are to be picked up from the Clerk of Course table by a coach or USMS Club representative. Each card shall include each swimmer's info in order swum on the relay; first name, last name, age, and sex. The total age of the four relay team members shall determine the age group in which the relay competes. **Relay cards should be returned to the head table by no later than 7:30 a.m** There shall be no "exhibition" relay swims.

**LANE ASSIGNMENTS:** The meet will be seeded by the pre-entered seed time of each swimmer or relay with the **FASTEST HEATS FIRST.** Proof of time may be requested. A seed time of no time (NT) will be seeded in the slower heats. Swimmers will be seeded according to time, regardless of age/gender. **Final heat and lane assignments will be posted by 7:55 a.m.** at the venue on the day of the meet. Swimmers are responsible to report to the blocks when their heat is called.

**PSYCH SHEET:** A **preliminary psych sheet** for the 1650-freestyle will be posted online at [www.lakesideswim.com/teams/masters-swim-team/](http://www.lakesideswim.com/teams/masters-swim-team/) on **Saturday, December 2, 2023 by 5:00 p.m. EST.**

**SPLIT REQUESTS:** Swims that meet the requirements of USMS Rule 105.2.2, lead-off splits for relays, will be submitted to USMS for all lead-off swimmers. Splits from the 1650-yard freestyle, which meet the requirements of USMS Rule 10.5.2.2 for 100, 200, 500, and 1000 yards will be submitted to USMS for all swimmers.

- LAP COUNTERS:** Each swimmer shall provide their own person to count laps. Lap counting devices will be provided.
- ENTRY FEES:** \$10 per swimmer (entries received before 12:00 p.m. 12/2/23)  
\$20 per swimmer for deck entries (entries received after 12:00 p.m. 12/2/23)  
**Cash/check made payable to Lakeside Masters only.**
- TOYS FOR TOTS:** Lakeside Swim Club will host a Toys For Tots drive during this meet. Each participant and spectator is encouraged to donate a **new, unwrapped** gift.
- WARM-UP PROCEDURE:** Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lane during the warm-up period. No diving in the 20-yard warm-up pool.
- PROTESTS:** Any protest concerning, eligibility, entries, seeding, or final results will be addressed to the meet director or referee. The protest shall be made by the team representative only. (USMS rules 102.14).
- RESULTS:** Results will be emailed to participants and posted online at: [kylmsc.org/results](http://kylmsc.org/results) and [lakesideswim.com/teams/masters-swim-team](http://lakesideswim.com/teams/masters-swim-team) following the meet.
- FACILITY RESTRICTIONS:** Lakeside is a smoke and tobacco-free facility. Alcoholic beverages, glass containers, and cans are prohibited. Lakeside is closed to its members and guests for the duration of this meet.
- PARKING:** Parking is restricted to street parking only.
- VOLUNTEERS NEEDED:** Volunter timers are needed. You can sign up online here: <https://www.signupgenius.com/go/10C094BABAE2DA7F4C16-46321087-2023>

**MEET DIRECTOR:** **WILLIAM KOLB**  
2010 TREVILIAN WAY  
LOUISVILLE, KY 40205  
w. 502-454-4585 x 231  
e. [wkolb@lakesideswim.com](mailto:wkolb@lakesideswim.com)

**MEET REFEREE:** **HELEN GLISH**  
w. 502.298.1773  
e. [hglish1961@gmail.com](mailto:hglish1961@gmail.com)