Short Course Meters

Sunday, December 10, 2023


Sanctioned by Kentucky Local Masters Swimming Committee for USMS Inc. Sanction Number 413-S006 Sponsored By: Swim Kentucky Masters
Location: Ralph Wright Natatorium, University of Louisville, 2216 South Floyd St., Louisville, Ky 40208
Venue: 8 Lane 25-meter competition pool with a 25 -yard continuous warm-up area during the meet. Nonturbulent dividers, Daktronics fully automatic timing, $40 \times 22$ inch Paragon blocks with back plates, Colorado backstroke ledges.

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 10 and records will be contingent on verification of bulkhead placement.

Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.
Schedule: Sunday, December 10, 2023
Session One 8:00 a.m. EST; warm-up at 7:15 a.m. EST; doors open 7:00 am EST
Session Two: Estimated Start 10:30 am EST; Warm up for Session Two, 30 minutes in the completive course following the conclusion of the 1500 Event 1

Order of Events
Doors Open 7:00 a.m. EST
Session One: Warm-up 7:15 a.m. EST, start 8 a.m. EST
Session Two: Estimated warm-up 10:00 a.m. EST - estimated start 10:30 am EST
$1 \quad$ *1500 M Freestyle (32 entry limit)
There will be a 30-minute Warm up break after the completion of Event 1
250 M Butterfly
3200 M Backstroke
4200 M Breaststroke
$5 \quad 50$ M Freestyle
There will be a 10-minute break after the completion of Event 5
$6 \quad$ *800 M Freestyle Relay
There will be a 10-minute break after the completion of Event 6
7100 M Backstroke
8100 M Butterfly
9200 M Individual Medley
$10 \quad 100$ M Freestyle
$11 \quad 100$ M Breaststroke
There will be a 10-minute break after the completion of Event 11
1250 M Backstroke
13200 M Butterfly
1450 M Breaststroke
15200 M Freestyle
16100 M Individual Medley
There will be a 10-minute break after the completion of Event 16
17 *400 M Individual Medley ) (32 entry limit)
18 *400 M Freestyle ) -> Enter one only*

Entry Fees \& Deadlines: An entry fee of \$40 will be charged for on-line entries received until Friday, December 8th, at 9:00 p.m. EST. Maximum entries are four individual events, plus relays.

The Online entry system is available on ClubAssistant.com. https://www.clubassistant.com/club/meet information.cfm?c=2365\&smid=17752 Online entry is paid by credit card to "ClubAssistant.com Events". Maximum entries are four individual events, plus relays.

An entry fee of $\$ 50$ will be charged for paper entries. This fee is for paper entries received by the entry deadline or late entries, accepted before the day of the meet. Checks are preferred. Maximum entries is (4) Four Individual events for the meet, plus relays. Make checks payable to Swim Kentucky Masters. Paper entries are to be received by Wednesday, December 6, 2023. Paper Entries received after December $6^{\text {th }}$ will be considered Late Entries.
Send all paper entries to Seth Boone, 2216 South Floyd St., Louisville, Ky 40208
Deck Entry Deadline: Paper deck entries will be accepted from 7:00 a.m. until 7:45 a.m. EST, for Session One, and from 7:00 a.m., until 10:00 a.m. EST for Session Two, the day of the meet at the facility. The fees for the paper entries received as late and deck entries (day of the meet) is \$50. Relay only swimmer's entries is a $\$ 10.00$ surcharge at the meet.

Eligibility: All swimmers must be registered with United States Masters Swimming, Inc. Each swimmer is responsible for his/her USMS card and may be required to show it upon request by officials.
To be entered, a copy of the swimmer's current USMS registration card MUST accompany the paper entry form. The meet entry should display your registered name, USMS number and USMS club or SKY workout group name, according to your USMS card.
Unattached swimmers shall be noted as "UC-(LMSC \#)." Unattached swimmers are not eligible to swim on relays. Each swimmer is eligible to enter and swim a maximum of four individual events for the meet, plus the relay. There shall be no "exhibition" swims.

Age: The age reported on your entry form must reflect the swimmer's age as of 12/31/2023.
Warm-Up/Warm-Down: Swimmers must enter the pool feet first in a cautious manner. The 25 -yard warm-up area will be available during the meet. Diving shall be permitted only in the competitive course, in the designated lanes during warm-up. USMS article 102.4 is in effect.

Lane Assignments: Each event will be deck seeded by the pre-entered seed time of each swimmer with the slower heats first. No time (NT) will not be accepted. All events shall have seed times. Swimmers will be seeded according to time regardless of age. Women and men will be seeded together in heats. Swimmers are responsible for reporting to the blocks on time for their appropriate heat and lane for each event. The meet will be seeded when check-in and deck entries close and heat and lane assignments will then be posted around the venue.

Team Representatives: All USMS registered teams should inform the meet director or the clerk of course of one official team representative before the start of event \#1, or upon the team's arrival.
*1500 Freestyle shall be limited to 32 entries received (four heats). Swimmers who enter after the 32 entry limit is reached may ask to be on the stand by list. The 1500 will be a checked-in event. Swimmers entered in the 1500 and on the stand-by list, must check in, in person at the Natatorium between 7:00 and 7:45 am the day of the meet. If a swimmer has not checked in by 7:45 a.m., that swimmer will be scratched from the 1500 and a swimmer from the standby list will take the place of the swimmer who did not check in by the deadline. Swimmers shall provide their own personnel to count for them. Lap counters will be provided.
*400 Individual Medley \& 400 Freestyle: The 400 Individual Medley and the 400 Freestyle shall be men and women seeded together, by event with the 400 IM first. Both events together shall be limited to the first 32 entries received. An athlete may enter and swim only one of the two 400 -meter events, either the 400 m IM or the 400 m free, but not both.

* 800 Free Relay: All relays will be deck entered. Relay teams may be entered as MEN, WOMEN, or MIXED, but teams of all types will be seeded together in the same heats, and then scored separately. Swimmers shall swim only one relay. No swimmer may swim on both a mixed and a same-sex team in the same event. Relays should display the USMS club and the USMS registered name of each swimmer on the relay card. All relays, will be deck entered. Relay cards are to be picked up from the check-in table, by the coach or team representative who is responsible for printing legibly all information required. Each card shall include: each swimmer's name as registered with USMS in order swum on relay; first name, last name, age, and sex. The aggregate age for the four relay team members shall determine the age group. Relay cards should be returned to the control room by the announced deadline. There shall be no "exhibition" relay swims.

Official Splits: Splits for the 400 m , and 800 m freestyle within the 1500 m freestyle shall be recorded in the official results and submitted to USMS for each swimmer. Any swimmer wishing a split time to be recorded in any other individual events shall pick up a split request form from the Head Table and return it to the Administrative Official. Lead-off splits for the 800 Free relay shall be recorded in the official results and submitted to USMS for all lead-off swimmers. All split times will be recorded in accordance with USMS Rule 105.2.2.

Protests: Any protests concerning seed times, awards, final results, eligibility, or entries will be addressed to the Meet Director, or Referee. A protest shall be made by the team representative only.
Real-time results and event psych sheet should be posted by Saturday by noon on Saturday, December $9^{\text {th }}$ on Meet Mobile ... and at http://tingleyllc.com/Swim-Meets/2023/23Louisvillelnvitational/

Facility Restrictions: No smoking or alcoholic beverages are allowed on the premises of the university.
Meet Director: Bill Tingley, 2216 South Floyd St., Louisville, KY 40208
Email: btingley4510@gmail.com Home telephone: 502-548-4129

## Housing:

Four Points by Sheradon-Airport Hilton Garden Inn
Super 8 by Wyndham 101 Central Ave., Louisville, KY
Homewood Suites by Hilton-Airport 130 Central Ave.,Louisville, KY 502 380-1990 Hilton.com
2850 Crittenden Dr., Louisville, KY 502-753-5555
Marriott.com
2735 Crittenden Dr., Louisville, KY 502-637-2424 Hilton.com
Central Ave., Louisville, KY 502-694-3664 Wyndhamhotels.com

## Directions to

## Wright Natatorium @ the University of Louisville 2216 South Floyd St 40208

From I 64 West: South on I 65 to Exit 133, University Blvd, Right on University Blvd one block to Floyd
From I 64 East: West on I 264, Watterson
Expressway, North on I 65 to Exit 133B University Blvd, Left on University Blvd, University Blvd two blocks to Floyd
From I 65 South: Exit 133 Eastern University Blvd exit, Right on University Blvd one block to Floyd

From I 65 North: Exit 133B University Blvd, Left on University Blvd, University Blvd two blocks to Floyd
From I 71 South: South on I 65 to Exit 133 University Blvd exit, Right on University Blvd one block to Floyd

## Parking

On Sunday Parking is Free in the parking lot next to the Thrust Theatre building across University Blvd, south of the Natatorium.
24 hour Paid Parking in the rear of the Natatorium


## The Louisville Invitational

## Short Course Meters (SCM)

Sunday, December 10, 2023

Please Print or Type
Name
Gender Birthdate

USMS Club or SKY Workout Group

Address
City/State/Zip
Home Phone $\qquad$ Cell Phone
E-Mail
ATTACH A COPY OF USMS CARD!!

| 30 min Warm up Break following the 1500 Free | Mixed | Event | Seed Times Required |
| :---: | :---: | :---: | :---: |
|  | 1 | 1500 M Freestyle |  |
|  | 2 | 50 M Butterfly |  |
|  | 3 | 200 M Backstroke |  |
|  | 4 | 200 M Breaststroke |  |
| 10 min Break following the 50 Free | 5 | 50 M Freestyle |  |
| 10 min Break following the 800 Fr RL | 6 | 800 M Free Relay | DECK ENTER USMS Club Only |
| 10 min Break following the 100 Breast | 7 | 100 M Backstroke |  |
|  | 8 | 100 M Butterfly |  |
|  | 9 | 200 M Ind Medley |  |
|  | 10 | 100 M Freestyle |  |
|  | 11 | 100 M Breaststroke |  |
| 10 min Break following the 100 IM | 12 | 50 M Backstroke |  |
|  | 13 | 200 M Butterfly |  |
|  | 14 | 50 M Breaststroke |  |
|  | 15 | 200 M Freestyle |  |
|  | 16 | 100 M Ind Medley |  |
|  | 17 | 400 M Ind Medley | One 400 event only |
|  | 18 | 400 M Freestyle | $\begin{aligned} & \text { One } 400 \\ & \text { event only } \end{aligned}$ |

Late and Written Entry Fee: $\mathbf{\$ 5 0 . 0 0}$. Maximum entries is four (4) events. Relay only entries is a $\$ 10.00$ surcharge.

## Make checks payable to the Swim Kentucky Masters.

RELEASE TO BE SIGNED: 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 RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, 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.

## US. MASTERS SWIMMING

## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, <br> ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

| Last Name | First Name | MI | Sex (circle) <br> M | Date of Birth (mm/dd/yy) |
| :--- | :--- | :--- | :--- | :--- |

Street Address, City, State, Zip

## Signature of Participant

## Date Signed

