

NAME OF MEET
HOST
DATES
VENUE

SANCTION – #	This meet is held under the sanction of USA Swimming and LSC	
HOSTED BY	CLUB or LSC	
LOCATION		
SPECTATOR ADMISSION		
MEET DIRECTOR		
ENTRY CHAIR		
MEET REFEREE		
SAFETY MONITOR		
TIMING SYSTEM	Interval 2000XC® Stopwatches & Keyspan by Tripp Lite USA-19HS Hi-Speed USB Serial Adapter	
ELIGIBILITY	Swimmer(s) must be registered with USA Swimming to be accepted into this meet. Age as of enter date shall determine the swimmer's age for the Open Water Championships.	
INDIVIDUAL COMPETITION	AGE	DISTANCE
	Open	Enter distance for each age group in Kilometers
	15-16	
	13-14	
	11-12	
	10&U	
	Individual Events - Swimmers will compete as individuals.	
RELAY OR TEAM PURSUIT COMPETITION AGE GROUPS MAY VARY – DEPENDING ON FORMAT OF EVENT	AGE	DISTANCE
	Open	Enter distance for each age group in Kilometers
	15-16	
	13-14	
	11-12	
	10&U	
INDIVIDUAL EVENTS	DATE	
Open	Check-in enter time Pre-race Briefing enter time Inspection and Roll Call enter time Start enter time	
15-16	Check-in enter time Pre-race Briefing enter time Inspection and Roll Call enter time Start enter time	
13-14	Check-in enter time Pre-race Briefing enter time Inspection and Roll Call enter time Start enter time	
11-12	Check-in enter time Pre-race Briefing enter time Inspection and Roll Call enter time Start enter time	
10&U	Check-in enter time Pre-race Briefing enter time Inspection and Roll Call enter time Start enter time	
RELAYS OR TEAM PURSUITS	DATE	
Open	Check-in enter time Pre-race Briefing enter time Inspection and Roll Call enter time	

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HOST
DATES
VENUE

	Start enter time
15-16	Check-in enter time Pre-race Briefing enter time Inspection and Roll Call enter time Start enter time
13-14	Check-in enter time Pre-race Briefing enter time Inspection and Roll Call enter time Start enter time
11-12	Check-in enter time Pre-race Briefing enter time Inspection and Roll Call enter time Start enter time
10&U	Check-in enter time Pre-race Briefing enter time Inspection and Roll Call enter time Start enter time
Mixed Age-Group 4x400m Relay OPTIONAL EVENT This is a suggested format. You can run it as you choose	Each team will have 4 swimmers of the same gender, one 10&U, one 11-12, one 13-14, one 15-18. The 11-12 Swimmer will complete the first leg of the relay, tagging the 13-14 Swimmer who will complete the second leg. And so on. The course for the 4x400m Relay will consist of a 120m x 80m rectangle. The first leg of the relay will start in the water about 15m from shore on the same start line as the individual race. They will swim upstream for approximately 120m. They will then make a left turn at a yellow buoy and swim 80m across the river. They will make a left at another yellow turn buoy and swim 120m downstream. They will make a left turn at a yellow buoy and swim directly to the boat ramp. They will run up the ramp and across the timing mat, after which they will tag the second member of the team, who will run across the timing mat and down the ramp into the water. The second (and all subsequent team members) will make a near-immediate right turn around a small orange buoy and complete the same course.
COURSE	Identify course – distance, shape, etc. Multiple buoys shall be placed to identify the course boundary.
MEET DAY INFORMATION	
CHECK-IN	Swimmers must report to the check-in table appropriate for their age and sex and report to the Meet Volunteer that they are present and prepared to swim. At that time, the swimmers will regard instructions for the competition deemed necessary.
MARKING	Prior to the start, swimmers shall be marked with their race numbers on both upper arms and their upper backs. The swimmers shall be numbered vertically down the arms and horizontally across the upper backs
WARM-UP PROCEDURE	An area adjacent to the competition will be available for continuous warm-up and warm-down during competition. Swimmers found in the water outside of the designated area and not engaged in competition will be scratched from the meet regardless of whether or not they have completed their events. Add other rules and information
START/FINISH	Describe start and finish
TIME LIMITS	Enter information (suggestions below) Swimmers not completing the racecourse within 30 minutes of the first athlete to cross the line will be notified that the race is over and that they must leave the water at that time. Results will show their time as Did Not Finish (DNF) and will not be eligible for awards.

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DATES
VENUE

SAFETY CONDITIONS	If the swimming conditions are not deemed safe (too much bacteria, debris, etc.), the meet will be rescheduled to enter date or canceled. This decision will be made by enter date and time and will be posted to the name website enter web site . Inclement weather for a portion of the weekend: describe changes if weather doesn't allow to complete all events
ESCORT SAFETY CRAFT	Coaches, or designated personnel by a swimmer, are not allowed on the lake with any escort safety craft. The Meet Referee, Meet Director, Entry Chair or Lifeguards can only designate who is on the course at any given time.
SAFETY PROCEDURES	There will be a mandatory Pre-Race Briefing held enter time minutes before competition begins to discuss the course, rules and safety procedures. The Referee will remove any swimmer from competition who does not attend the pre-race briefing or is found to be inattentive during the briefing. Course will be patrolled by qualified safety personnel. For safety reasons, participants should be adequately trained for open water competition. Enter name of safety patrol or lifeguard organization reserve the right to remove any swimmer from the course. Previous open water experience is recommended. Safety watercrafts and lifeguards on paddleboards will monitor the entire course. Swimmers must wear body-marked race numbers on arms for identification. The safety of swimmers is our primary concern. Therefore, this event may be delayed or canceled due to poor conditions. The following have the authority to independently pull the sanction (stop the meet) at any time for safety reasons: enter who has the authority – position and name
MEDICAL FACILITY	Enter information
SAFE SPORT	
MAAPP Option 1: MAAPP Option 2:	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. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.
RECORDING DEVICES	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
CHANGING AREAS	Except where venue facilities require otherwise, changing into or out of swimsuits other than locker rooms or changing facilities, or other designated areas, is not appropriate and is strongly discourages/prohibited. DECK CHANGING IS PROHIBITED.
DRONES	Operation of a drone, or any other flying apparatus, is prohibited over the venue (beach, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present
SCORING AND AWARDS	
SCORING	Individual events Enter scoring information
	Relay events Enter scoring information
	Team competition

NAME OF MEET
HOST
DATES
VENUE

	The combined points scored by attached members of the team shall determine the team score.												
AWARDS	<table border="1" style="width: 100%;"> <tr> <td>Individual Events</td> <td>Relay Events</td> </tr> <tr> <td>Enter information</td> <td>Enter information</td> </tr> <tr> <td colspan="2">Team Awards</td> </tr> <tr> <td colspan="2">Enter information</td> </tr> <tr> <td colspan="2">Ceremony</td> </tr> <tr> <td colspan="2">Enter information</td> </tr> </table>	Individual Events	Relay Events	Enter information	Enter information	Team Awards		Enter information		Ceremony		Enter information	
	Individual Events	Relay Events											
	Enter information	Enter information											
	Team Awards												
	Enter information												
Ceremony													
Enter information													
ENTRIES													
ENTRY FEES	<p>Enter entry fee per individual event. Teams submitting entries for three or more swimmers per event will be eligible for relay competition. Relay fees are free per each group of three swimmers, per age group, per event, per team.</p> <p>Please make checks payable enter name.</p>												
If any team has unpaid fees at the start of competition, the entire team will be scratched													
DECK ENTRIES	No deck entries accepted												
ENTRY PROCEDURES & DEADLINE	<p><i>Entries and Fees must be received on or before enter date.</i></p> <p>HYTEK entries only. The HYTEK entries must be sent via Email to enter email address, and a print out to the entry summary, waiver and entry fees to the Meet director. Address listed below. enter address</p>												
	An Entry Report and Exception report (if any) back to entering club/unattached swimmer by Wednesday, September 20 at 8:00 p.m. via e-mail.												
	The e-mailed Entry Report sent to you confirming your entry, along with all subsequent Entry Reports notifying you of changed or updated entries, shall be the official record of your entry. No other information will be considered if there is an entry error or discrepancy.												
	<p>IMPORTANT REMINDER</p> <p>Entering clubs/swimmers need to check all data BEFORE submitting. Entering club with unattached swimmer also needs to check all entry reports (and any exception reports) that the host returns. It is the responsibility of the entering club/unattached swimmer to heed deadlines and be responsible for the accuracy of entries.</p>												
ATHLETE ATTITUDE	Athlete conduct will be governed by Part Seven of the USA Swimming Rules and Regulations Handbook. Intentional obstruction, interference or intentional contact with another swimmer may be deemed "Unsporting Impedance" and lead to disqualification. Swimmers shall maintain clearance from other swimmers except at the start, turn, and the finish or where the course or race conditions dictate otherwise. Parents and swimmers should be advised there are a significant number of entrants, open water swimming may be expected to involve inadvertent contact with other swimmers. It is important that swimmers keep a cool head while in the water												
DISABILITY ATHLETES	We welcome registered athletes with cognitive or physical disabilities, and the Referee will make reasonable accommodations to facilitate participation. Please notify the Meet Director or the Meet Referee in advance, to allow us to understand the nature of any accommodation being requested.												
OUTREACH ATHLETES	Optional section for LSC's that provide assistance to outreach swimmers												
RULES	The current USA Swimming open water rules will govern the Meet as outlined in Part Seven of the USA Swimming Rules and Regulations Handbook. <i>USA Swimming Rules 202.3.2 - At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a</i>												

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	<i>USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.</i>
SWIMWEAR	Enter rules for swimwear
PROGRAMS	Enter information regarding sale and posting of psych sheets and programs
FINAL RESULTS	Final results and Hy-tek Team Manager Results file will be posted to enter website/s
REFRESHMENTS	Concessions will be provided enter information
PARKING	Enter parking information and cost

OPEN WATER EVENTS

Insert distances – change relays to fit your meet format

BOYS EVENT #	AGE	DISTANCE	TYPE	GIRLS EVENT #
1	Open	Kilometer	Individual	2
3	15-16	Kilometer	Individual	4
5	13-14	Kilometer	Individual	6
7	11-12	Kilometer	Individual	8
9	10&U	Kilometer	Individual	10
1R	Open	Kilometer	Relay	2R
3R	15-16	Kilometer	Relay	4R
5R	13-14	Kilometer	Relay	6R
7R	11-12	Kilometer	Relay	8R
9R	10&U	Kilometer	Relay	10R

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ENTRY SUMMARY and WAIVER

Please fill out the information requested below and submit with your payment.
Make checks payable to Kentucky Aquatics. Thank you.

Send to: **Name**
Address
City, State, Zip Code

NAME OF CLUB _____ **CODE** _____

Number of individual entries _____ **X** **Enter meet fee amount** = _____

TOTAL AMOUNT ENCLOSED: _____

NAME _____
ADDRESS _____
CITY - STATE - ZIP _____
HEAD COACH EMAIL ADDRESS _____
PHONE _____
CLUB OFFICIAL EMAIL _____
COACH _____
COACH _____
COACH _____

Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for himself, his successors and assigns, hereby releases and forever discharges **host name, LSC name**, and its Board of Directors, USA Swimming Inc., **venue – if applicable** and each of their respective officers, agents, employees, members, successors, and any other persons in any way connected with this meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event.

Further, the undersigned shall indemnify and hold harmless **host name** and **LSC name**, USA Swimming Inc., **venue – if applicable** and the officers, trustees, agents, employees, and members of the foregoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury of damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Signature of Club Official/Coach _____ **Date** _____

Did you include?

- Entries Printed
- Check for entries
- This completed form and membership meet entry form

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DATES
VENUE**

USA SWIMMING MEMBERSHIP MEET ENTRY FORM

Meet Name: **Enter name of meet**
Location: **Enter venue address**
Date: **Enter event dates**

PLEASE RETURN THIS FORM WITH YOUR ENTRY FORMS

The undersigned team representative certifies by his/her signature that all athletes participating for or entered by the team in this sanctioned swim meet are currently member athletes of USA Swimming, Inc. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a coach member of USA Swimming, Inc.

TEAM: _____ **DATE:** _____

PRINTED NAME: _____

SIGNATURE: _____

**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**