

31st ANNUAL SEAHAWK INVITATIONAL

July 9-10-11, 2009

SANCTION: KYLC0907

SITE: Lakeside Swim Club, 2010 Trevilian Way, Louisville, KY 40205

POOL: The famous "lake" contains a 50 meter course with **ten**, seven-foot wide lanes and a minimum eight foot depth throughout. The course is equipped with Competitor lane lines, custom designed starting blocks and Colorado timing system with scoreboard.

IMPORTANT NOTE: The Lakeside Swim Club absolutely prohibits glass, cans and alcoholic beverages on the property. Also, a special entrance for swimmers and spectators will be marked at the Club entrance. Buses are not permitted to park in the yellow zone in front of the Club. We suggest that the buses unload and then return to the team hotel. Access to the front concession area, restrooms and membership area will be controlled. Thank you in advance for your cooperation.

TYPE OF MEET: Timed Final meet. National "BB" time standards will be used for 200 and 400 meter events in order to control the length of the meet. ABSOLUTELY NO UNQUALIFIED SWIMMERS IN THESE EVENTS. All other events have no time standards.

SCORING: Age Group and Open:
Individual Events: 11,9,8 7,6,5,4,3,2,1 . Double for Relays

AWARDS: Special High Point awards for the Top Scoring swimmers in each Age Group. Ribbons will be awarded for 1st through 10th in all individual events and for the Top 3 Relay Teams.

ELIGIBILITY: Swimmers must be USA registered athletes. Age of swimmer on July 9th, 2009 will determine the age for this meet. All coaches are required to have their "USA Coach's Card" exhibited on their person at all times. Coaches' credentials will be checked at the gate and there will be no exceptions to the USA requirement that requires certified coaches on deck.

COACHES MEETING: There will be a coaches meeting 15 minutes before the start of the Thursday afternoon session.

MEET DIRECTOR: David Mercke (502) 893-8431

ENTRY LIMIT: Swimmers may compete in four (4) individual events per day. This meet will be limited to a maximum of 300 non-Lakeside swimmers.

ENTRY FEES: Individual Events \$4.50 each; written entries \$5.00, Relays \$10.00 each; written entries \$15.00

KYLSC Swimmer Surcharge \$1.50 per swimmer
Swimmer Fee \$3.50 per swimmer

ENTRY: Entries will not be accepted prior to 8:00 am May 27th, 2009 or after June 10th, 2009. Teams must have their entry in the Seahawk team office by 12:00pm on June 9th, 2008 or it will not be accepted. Only entries **mailed** with a check and the release form will be accepted, no hand deliveries will be accepted. Teams will be advised if they are entered in the meet by June 15th, 2009.

- Additional swimmers will not be accepted. Please make sure your entry is complete. We will accept corrections to entry times until Monday, July 6th 5:00 pm EDT.
- If you need more information, please call the Meet Director David Mercke (502) 893-8431

ONLY ENTRIES MAILED WITH A CHECK AND THE RELEASE FORM WILL BE ACCEPTED. FAXED ENTRIES WILL NOT BE ACCEPTED. Deck entries will be accepted at the discretion of the Meet Director and will be charged double the original fee. Make checks payable to Lakeside Swim Team and mail with the entry and release form to:

Lakeside Swim Team
1928 Woodbourne Ave
Louisville, KY 40205

OR

Teams may enter by email a commlink and zip file should be emailed to the Lakeside swim office at: deboor@lakesideseahawks.org

NOTE: Additional swimmers will ONLY be accepted by the Head Coach or Meet Entry Chair, so please make sure your entry is complete. We will accept corrections to entry times.

WARM-UP AND STARTING TIMES:

THURSDAY AFTERNOON SESSION

Warm-ups: 3:30 PM Meet: 4:30 PM

FRIDAY AND SATURDAY MORNING SESSIONS

Warm-ups: 7:00 AM Meet: 8:00 AM

FRIDAY AND SATURDAY AFTERNOON SESSIONS

Warm-ups: 12:00 PM Meet: 1:00 PM

WARM-UP PROCEDURE

FIRST 20 MINUTES Lanes 1-10 will be General Warm-up & No diving

SECOND 20 MINUTES Lanes 1, 2 & 10 are Pace Lanes. Lanes 3, 4, 5, 6, 7, 8, 9 will be General Warm-up & No diving

THIRD 20 MINUTES Lanes 1-4 Sprint One Way Only. Lanes 5-8 be General Warm-up & No diving.

Lanes 9-10 Pace Lane

Depending upon the number of entries and distribution of swimmers by team, the host reserves the right to make lane assignments for warm-up and adjust the above procedures to allow a safe and timely warm-up for all competitors.

CONDITIONS OF COMPETITION: This meet will be pre-seeded on Friday and Saturday. Entered swimmers not wishing to swim an event are encouraged to scratch at least 30 minutes prior to the start of the session. Acceptance of deck entries will be at the sole discretion of the administrative referee and will be based upon the ability to place swimmers in empty lanes without delay of the meet. No new swimmers may be entered after entry deadline.

Positive check-in is required for Thursday's events, which will be deck seeded 30 minutes prior to the start of the session and may be limited to the Top 30 at the discretion of the Meet Referee. Check-in must be completed by the swimmer or coach, and swimmers not checked in 30 minutes prior to the start of the session will be scratched from the event. There will be no refund of entry fees for swimmers who do not compete.

The following KYLSC scratch rules will apply for the Thursday session:

Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless he notifies the Clerk of Course before the seeding for that event has begun that he wishes to scratch. Failure to scratch prior to seeding and not swimming in the event will result in his being barred from the next individual event in which he is entered on that day or the next meet day, whichever is first. Events seeded on the deck shall be closed for seeding no earlier than thirty (30) minutes prior to the start of the session.

Exceptions for failure to compete:

No penalty shall apply for failure to withdraw or compete in an individual event if:

- A. The Referee is notified in the event of illness or injury and accepts the proof thereof;
- B. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

RELAYS: Relay cards will be included in the coach's packets. Coaches should write the swimmer's first and last names and meet ID numbers (also in the packets) on the cards and then turn them in to the Clerk of Course within 30 minutes after the start of each session. ID numbers must be used in order to be properly entered.

ADMISSION: See attached letter from Lakeside Corporation

HOSPITALITY: The swim team parents are hosting a lunch for the coaches on Friday and Saturday in the Trophy Room above the swim shop in the Eckard Building. Stop by each day between 11:30 AM and 2:00 PM to have lunch, relax and get out of the sun.

CLEAN-UP: We appreciate the use of Lakeside Swim Club for hosting our Meets during the summer season and hope you will show your appreciation by keeping the grounds around your team area free of litter.

OFFICIALS: The Lakeside Swim Team welcomes the assistance of any visitors who would like to serve as officials or timers. Please contact the swim team office if interested in working a session.

PLEASE NOTE: Within the spirit of competition there are infrequent occasions when conduct becoming a competitor is questionable. It will be the responsibility of coaches, assistants, and/or team chaperones to monitor competitors' activities during the swim meet. Instances involving the destruction of property, abuse of meet workers, or any other behavior deemed by the referee to be detrimental to the conduct of the swim meet might be grounds for dismissal from the meet.

THURSDAY AFTERNOON SESSION

Girls EV#	Time Std	Event Description	Time Std	Boys EV#
1	6:31.09	13-14 400 IM	6:13.19	2
3	6:19.79	Open 400 IM	5:54.39	4
5	6:00.09	11-12 400 Free	5:54.39	6
7	5:42.99	13-14 400 Free	5:27.99	8
9	5:34.69	Open 400 Free	5:14.39	10

EACH THURSDAY EVENT MAY BE LIMITED TO THE 30 FASTEST SWIMMERS

Lakeside reserves the right to run one additional heat for Lakeside swimmers.

FRIDAY MORNING SESSION

Girls Ev#	Time Std.	Event Description	Time Std.	Boys Ev#
11		13-14 200 Free Relay		12
13		Open 200 Free Relay		14
15		13-14 100 Free		16
17		Open 100 Free		18
19	3:01.29	13-14 200 Back	2:54.09	20
21	2:57.99	Open 200 Back	2:43.89	22
23		13-14 100 Breast		24
25		Open 100 Breast		26
27		13-14 100 Fly		28
29		Open 100 Fly		30
31	3:05.69	13-14 200 IM	2:55.99	32
33	3:01.19	Open 200 IM	2:28.89	34

FRIDAY AFTERNOON SESSION

Girls Ev#	Time Std.	Event Description	Time Std.	Boys Ev#
35		9-10 200 Free Relay		36
37		11-12 200 Free Relay		38
39		8-Under 200 Free Relay		40
41		9-10 50 Free		42
43		11-12 50 Free		44
45		8 and under 50 Free		46
47		9-10 100 Breast		48
49		11-12 100 Breast		50
51		9-10 50 Back		52
53		11-12 50 Back		54
55		8 and under 50 Back		56
57		9-10 100 Fly		58
59		11-12 100 Fly		60
61	3:23.59	9-10 200 Free	3:13.99	62
63	2:50.79	11-12 200 Free	2:47.79	64

SATURDAY MORNING SESSION

Girls Ev#	Time Std.	Event Description	Time Std	Boys Ev#
65		13-14 200 Medley Relay		66
67		Open 200 Medley Relay		68
69	2:44.39	13-14 200 Free	2:35.19	70
71	2:39.49	Open 200 Free	2:28.59	72
73		13-14 100 Back		74
75		Open 100 Back		76
77	3:02.29	13-14 200 Fly	2:51.99	78
79	2:56.19	Open 200 Fly	2:43.19	80
81		13-14 50 Free		82
83		Open 50 Free		84
85	3:27.99	13-14 200 Breast	3:17.19	86
87	3:21.19	Open 200 Breast	3:08.79	88

SATURDAY AFTERNOON SESSION

Girls	Time Std	EVENT DESCRIPTION	Time Std	Boys
89		9-10 200 Medley Relay		90
91		11-12 200 Medley Relay		92
93		8-under 200 Medley Relay		94
95		9-10 100 Free		96
97		11-12 100 Free		98
99		8-under 100 Free		100
101		9-10 50 Breast		102
103		11-12 50 Breast		104
105		8-under 50 Breast		106
107		9-10 100 Back		108
109		11-12 100 Back		110

111		9-10 50 Fly		112
113		11-12 50 Fly		114
115		8-under 50 Fly		116
117	3:46.49	9-10 200 IM	3:44.79	118
119	3:14.79	11-12 200 IM	3:13.89	120

WAIVER & ENTRY SUMMERY SHEET

WAIVER: In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators, assignees, and swimmers waive and release and all claims against Seahawks, the lakeside Corporation and their staff, for injuries and/or expense incurred by me/us at the meet or while on the road to and from the meet. I/WE are bonafide members of United States Swimming as a team, coach, athlete, or administrator and are eligible to compete in all events I/we have entered.

SIGNATURE _____ TITLE _____

TEAM _____ CODE _____

TEAM ADDRESS _____

CITY _____ ZIPCODE _____

PHONE _____ COACH _____

RECAP OF ENTRIES:

___ Individual events x \$4.50/\$5.00 each = _____

___ Relays x \$10.00/\$15.00 each = _____

___ Swimmers x \$1.50 KYLSC Fee = _____

___ Swimmers x \$3.50 Swimmer Fee = _____

TOTAL DUE \$ _____

Make checks payable to Lakeside swim Team and mail entry & release form to:

31st Seahawk Invitational

C/O Entry Chairman

1928 Woodbourne Ave

Louisville, KY 40205