

2010 CARDINAL AQUATICS SUMMER THROWDOWN

May 21-23, 2010

- Sanction** Pending Approval
- Location** University of Louisville
Ralph Wright Natatorium on the Belknap Campus
NW Corner of S. Floyd St. and E. Warnock St.
(Across from McDonalds)
Louisville, KY 40208
- Directions can be found at the end of this information sheet or at the University of Louisville web site:
<http://uoflsports.collegesports.com/genrel/092900aab.html>
- Meet Director:** Bonnie Roman
502-744-5397 (C)
bonnieroman@bellsouth.net
- Meet Referee:** George Hubbard
- Entry Chair:** Lesa Boone/Lana Skidmore
cardinalaquatics@yahoo.com
- Volunteers** Teams will be asked to provide timers based on the size of the team. Cardinal Aquatics welcomes the assistance of any visitor who would like to serve as an official or volunteer in any capacity. If interested in working please contact Kim Alcorn, mike.alcorn@insightbb.com.
- Facilities** **This indoor pool consists of 8 eight foot wide 50m lanes. Seven lanes will be used for competition and one 50m course lane will be designated as warm-up / cool-down. The lanes are marked by continuous non-turbulent lane lines. KDI Paragon starting blocks are used at the deep end. A fully automatic Daktronics Timing system will be used with touchpads during the meet.**
- Parking** Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium and next to the Natatorium. The University of Louisville controls the parking facility and parking fee of \$5.
- Admission** Admission will be \$3 for spectators 10 and over.
- Format** This is an open timed finals meet. FINA starting procedures will be used. The FINA system, approved by USA Swimming, uses a series of whistles

followed by a one whistle announcement for swimmers. The No Recall Start Rule will also be enforced during this meet. The use of “fly-over starts” will be at the discretion of the Meet Referee.

Entries

- Eligibility** All current USA Swimming registered athletes. The age of the swimmer on May 21, 2010 will determine the age group for this meet.
- Entry Limits** Each swimmer may enter a maximum of five individual events per day.
- Entry Fees** \$4.50 for each individual event
\$9.00* for each individual deck entry
- *Accepted at the discretion of the Meet Referee; Payable at the meet. Entry fees are non-refundable. No extra heats will be added.
- Surcharges** \$1.50 per swimmer KYLSC surcharge
\$3.00 per swimmer facility surcharge
- Make one check payable to: **Cardinal Aquatics**
- Time Standards** None
- Entries** The USA Swimming registration number of all entrants must be listed and accompany the entry form. All entries must be in Long Course Meters. Meet referee will accept or reject deck entries.
- Entry Deadline** Entries will open on **May 3rd at 8:00am**. Entries will be taken on a first come/first serve basis and will close at approx. 500 swimmers and/or **Friday, May 14, 2010 by 8:00pm**
- Email entries to entry chair (**cardinalaquatics@yahoo.com**). Files must be loadable into Hytek Meet Manager using a .cl2 file. An Entry Report will be returned to each team to verify entries.
- Mail waiver and payment to:
Cardinal Aquatics
c/o Bonnie Roman
316 E. Esplanade Ave.
Louisville, KY 40214
- A hard copy of the electronic entries, payment in full of all fees/surcharges and the signed waiver must be received by 8:00pm, Wednesday, May 19, 2010 or the team’s entry could be scratched.

Check-In Events will be pre-seeded for all events except the 400IM, 400FR, 800 FR and 1500FR. These events will be deck seeded and could be limited to 3 heats (timeline permitting). Swimmers are required to check in with the Clerk of Course for events 400 meters and longer, 30 minutes prior to the beginning of the session in which the event will be swum.

Scoring and Awards

Scoring No scoring will be kept.

Awards Ribbons will be awarded for places 1st through 10th for all events. Age Groups will be awarded according to: 8&Under, 9-10, 11-12, 13-14, and Open. Awards must be picked up at the conclusion of the meet. No awards will be mailed.

Warm-ups

Warm-Up Notes Teams will be assigned to lanes based on the number of entered swimmers. Smaller teams will need to share lanes. Larger teams should be prepared to divide the warm-up time and space according to need. Team warm-up assignments will be posted prior to warm-ups.

Safety Marshall Safety marshals will be in place for warm-ups and during the meet to insure the safety of the swimmers. Duties will include safe deck practices, traffic flow and diving restrictions during warm-ups.

Schedule

Friday PM session Warm Up: 4:00-4:50pm, 5:00 pm start
Saturday & Sunday AM session Warm Up: 6:30-7:50am, 8:00 start
Saturday & Sunday PM session Warm Up: Not before NOON, 1:00pm start.

Miscellaneous

Official's Meeting There will be an official's meeting 30 minutes prior to the start of swimming competition.

Coaches Meeting A coaches meeting will be held 15 minutes prior to the start of the competition. Hospitality will be provided for all coaches and officials!

ORDER OF EVENTS

Friday, MAY 21st PM Session Warm Up: 4:00-4:50 pm			
<i>Girls</i>	<i>AGE</i>	<i>EVENT</i>	<i>Boys</i>
1	13/14,OPEN	400m Freestyle	2
3	11&12	400m Freestyle	4
5	13/14,OPEN	400m Ind. Med.	6

Saturday, MAY 22nd AM Session Warm Up: 6:30-7:50 am			
<i>Girls</i>	<i>AGE</i>	<i>EVENT</i>	<i>Boys</i>
7	13/14,OPEN	200 Breaststroke	8
9	13/14,OPEN	100 Freestyle	10
11	13/14,OPEN	100 Butterfly	12
13	13/14,OPEN	100 Backstroke	14
15	13/14,OPEN	200 Ind. Med.	16
17	13/14,OPEN	800 FR (women)	
	13/14,OPEN	1500 FR (men)	18

Saturday, MAY 22nd PM Session Warm Up: NOT BEFORE NOON			
<i>GIRLS</i>	<i>AGE</i>	<i>EVENT</i>	<i>BOYS</i>
19	11 &12	100 Freestyle	20
21	10 & Under	100 Freestyle	22
23	11 &12	50 Breaststroke	24
25	10 & Under	50 Breaststroke	26
27	11 &12	100 Butterfly	28
29	10 & Under	100 Butterfly	30
31	11 &12	50 Backstroke	32
33	10 & Under	50 Backstroke	34
35	11 &12	200 Freestyle	36
37	10 & Under	200 Freestyle	38

Sunday, MAY 23rd AM Session Warm Up: 6:30-7:50 am			
<i>Girls</i>	<i>AGE</i>	<i>EVENT</i>	<i>BOYS</i>
39	13/14,OPEN	200 Freestyle	40
41	13/14,OPEN	200 Butterfly	42
43	13/14,OPEN	100 Breaststroke	44
45	13/14,OPEN	200 Backstroke	46
47	13/14,OPEN	50 Freestyle	48

Sunday, MAY 23rd PM Session Warm Up: NOT BEFORE NOON			
<i>GIRLS</i>	<i>AGE</i>	<i>EVENT</i>	<i>BOYS</i>
49	11 &12	100 Breaststroke	50
51	10 & Under	100 Breaststroke	52
53	11 &12	50 Freestyle	54
55	10 & Under	50 Freestyle	56
57	11 &12	100 Backstroke	58
59	10 & Under	100 Backstroke	60
61	11 &12	50 Butterfly	62
63	10 & Under	50 Butterfly	64
65	11 &12	200 Ind. Med.	66
67	10 & Under	200 Ind. Med.	68

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 any and all claims against USA Swimming, Inc., Kentucky Swimming, Inc., Cardinal Aquatics and their staff, and University of Louisville 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 members of USA Swimming as a team, coach, athlete, or administrator and are eligible to compete in all events I/we have entered.

SIGNATURE _____ **POSITION** _____

ENTRY PERSON _____ **EMAIL** _____

TEAM _____ **TEAM CODE** _____

TEAM ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

PHONE _____ **FAX** _____

RECAP OF ENTRIES:

_____ Individual Events X \$4.50 =	\$ _____
_____ Total Swimmers Entered for KYLSC Surcharge X \$1.50 =	\$ _____
_____ Total Swimmers Entered for Facility Fee X \$3.00 =	\$ _____
Total	\$ _____

Make Checks Payable to Cardinal Aquatics and mail to:

Cardinal Aquatics
c/o Bonnie Roman
316 E. Esplanade Ave.
Louisville, KY 40214

University of Louisville Natatorium Driving Directions

From the South (Nashville): Take I-65 North to the first Eastern Parkway Exit. Go right off the ramp and turn left at the first stoplight (Crittenden Dr.). Proceed to the first stop sign and turn left (Warnock St.). Go under the I-65 overpass and turn right at the second stoplight (Floyd St.). Cardinal Park will be on your right and Cardinal Arena will be on your left. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.

From the North (Indianapolis): Take I-65 South to the Arthur Street Exit. Turn right at the first stop sign (Brandeis St.). Turn left at the stoplight (Floyd St.). Cardinal Park will be on your left and Cardinal Arena will be on your right. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.

From the East (Lexington/Cincinnati): Take I-64 West or I-71 South to I-65 South and get off at the Arthur Street Exit. Turn right at the first stop sign (Brandeis St.). Turn left at the stoplight (Floyd St.). Cardinal Park will be on your left and Cardinal Arena will be on your right. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.

From the West (St. Louis): Take I-64 East to I-65 South and get off at the Arthur Street Exit. Turn right at the first stop sign (Brandeis St.). Turn left at the stoplight (Floyd St.). Cardinal Park will be on your left and Cardinal Arena will be on your right. Parking is available in the Floyd Street Parking Garage directly across the street from the Cardinal Park Soccer and Track Stadium. Trager Stadium is located next to McDonald's on the Cardinal Park grounds while the Ralph Wright Natatorium is located next to the parking garage.

