

- **SPONSORS** E'Town KY Dolphins and Elizabethtown Swim & Fitness Center.
- SANCTION Sanctioned by USA Swimming, Inc.; issued by Kentucky Swimming, Inc.; Sanction #KYLC 1005
- LOCATION Elizabethtown Swim & Fitness Center, 3026 Ring Road, Elizabethtown, KY 42701 (http://www.touretown.com) Take Exit 94 off I-65 • proceed West on US 62 (Mulberry St.) • turn right ¼ mile on to Dolphin Drive or Ring Rd.
- **FACILITIES** 8 lane, 50 meter outdoor pool with non turbulent dividers; fully automatic timing; 8 lane digital scoreboard; Paragon starting blocks; 25 yard warm-up / down pool; computerized scoring.
- **FORMAT** Timed finals age group meet open to USA Swimming registered athletes and teams: 8&Under, 9-10, 11-12, 13-14, and 15 & Over. Enter meet in long course meter times. Entries may be limited on Friday night events and events 400 meters and over to allow for proper time management. Number of heats will be determined after receipt of all entries. Clubs with swimmers limited-out will be notified and entry fees refunded.
- OFFICIALS Meet Director: Chris Godfrey (cell: 270-735-3147), <u>scgodfrey@windstream.net</u> Referee: Bill Godfrey; Starter: John Skidmore
- **RULES** Current USA Swimming & Kentucky Swimming rules will govern the meet. USA Swimming athletes must be USA registered and will be under the supervision of a USA Swimming coach. Age as of **June 11, 2010** shall determine the swimmer's age for the entire meet. Coaches must display their USA Swimming coaches' credentials.
- **ENTRIES** Swimmers are limited to entering (4) individual events per day plus (1) relay. If the entry is for more than four, the entry chair will enter the swimmer in the first four listed for that day. The distance events 800 and 1500 Freestyle are restricted to 13 & Over. All entrants USA Swimming registration numbers must be listed and accompany the entry for the team. Please enter long course meter times.

Entries will open on Monday, May 17th at 8:00am. Entries will be taken on a first come/first serve basis and will close at approximately 500 swimmers and/or on Wednesday, June 2nd at 8:00pm.

Email Entries: <u>etowndolphins@yahoo.com</u> (you will receive a confirmation email). Entry Chair: Lana Skidmore (cell: 502-641-1396)

Mail Entries & Waiver to: E'Town KY Dolphins, Attn: Entry Chair, PO Box 2542, Elizabethtown, KY 42702 Meet fees, a hard copy of entries and the signed release form for emailed entries must be received no later than four days after receipt of your email. **Entry fees must accompany all mailed entries**. If you are using an overnight delivery service please **DO NOT** require a signature.

- LATE ENTRIES Late/deck entries will be accepted at the discretion of the meet director. No refunds for scratches.
- FEES
 \$4.00 / Individual Event, \$8.00 / Relay Event <u>if entered on disk using Hy-Tek</u>.

 \$1.50 Kentucky Swimming LSC surcharge / swimmer <u>must also be included</u>.

 \$5.00 / Individual Event, \$10.00 / Relay Event <u>if NOT entered on disk using Hy-Tek Team Manager with Commlink II</u>

 Deck entry will be \$6.00 per event and \$12.00 for relays if there is room available without adding additional heats.
- **RELAY CARDS** Relay cards will be in team packet. Each team should deliver their completed relay cards along with their scratches for the day to the scorer's table **45 minutes prior to the start of each session**.
- WARM-UP
 FRI PM: Warm-ups: 4:00 (gate will open at 3:30 for tent setup), Competition: 5:00; SAT & SUN AM: Warm-ups: 7:00 (gate will open at 6:30), Competition: 8:00; SAT & SUN PM: Warm-ups not before 12:00, Competition not before 1:00. All USA Swimming and Kentucky Swimming warm-up guidelines will be followed. Each team will be assigned a warm-up lane(s). Some lanes might have more than one team assigned. The coaches will control their own lanes for warm-up.

CHECK-IN DECK-SEEDING Positive sign-in is NOT required except for Friday events and events 400 meters & above. Swimmers limited-out of an event will have their entry fee refunded. Events 400 meters or longer will be deck-seeded with sign-in deadlines of 4:15 PM on FRIDAY evening, and 9:00 AM on SATURDAY and SUNDAY. Failure to swim a deckseeded event after signing in will result in the swimmer being barred from their next individual event in which they are entered, whether it is that day or the next. Only a swimmer or his/her coach may sign-in for deck-seeded events.

- AWARDS Custom designed ribbons first eighth place in individual events and first third place for relays will be given. Individual high point awards will be given to the top high point girl & boy in the 8&U, 9-10, 11-12, 13-14 and 15&O age groups. 10&Under will be scored for 8&U and 9-10. 13&Over will be scored for 13-14 and 15&Over. The distance events 800 and 1500 Freestyle will be restricted to 13 & Over. Coaches are asked to take awards at the end of the meet.
- **HOSPITALITY** There will be a hospitality room open to coaches and officials throughout the meet.
- **MEETINGS** There will be a coaches' meeting 15 minutes prior to the start of each day if needed. There will be an officials' meeting 30 minutes prior to the start of each swimming session.
- ADMISSION Gate admission is \$2.00 per day with 10 and under free. Entrance to pool is at the LOWER GATE, not at the entrance to fitness center. Friday: gate opens at 3:30 PM, Saturday and Sunday gate opens at 6:30 AM.
- **HEAT SHEETS** \$6.00 for the entire weekend.
- **TIMERS** Competing teams are REQUESTED to assist by supplying lane timers. The number of timers REQUESTED will be based on the number of swimmers per team.
- **FACILITY** Please convey the following information to your swimmers and parents:

NOTES

Parking is ONLY in lower lots as marked. Access and use of Elizabethtown Swim & Fitness Center facilities is LIMITED to the pool access locker rooms.

Radios, noisemakers or anything else that might be a distraction to swimmers, coaches, officials, workers or spectators are prohibited in the pool area. Walkie-talkies are prohibited inside the pool as their use interferes with the headsets used by our officials. Flash photography is prohibited during the start of heats.

Teams may set up their tents at 3:30 PM on Friday. Please clean up your area after each session.

Friday • June 11

ORDER of EVENTS • PM SESSION 1

Warm-up @ 4:00 PM (50 minutes), Competition @ 5:00 PM

Events		Girls	Boys
13 & Over	400 IM	01•	02•
11 – 12	400 Free	03•	04•
13 & Over	1500 Free	05•	06•

• Events are deck-seeded; sign-in deadline is 4:15 PM on Friday. • Events 3, 4, 5, 6, will be swum FASTEST to SLOWEST alternating Female, Male. Each entrant must provide counter and timers for these events.

Saturday • June 12

ORDER of EVENTS • AM SESSION 2 Warm-up @ 7:00 AM (50 minutes), Competition @ 8:00 AM

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Events		Girls	Boys
13 – 14	200 Free	07	08
15 & Over	200 Free	09	10
13 – 14	100 Breast	11	12
15 & Over	100 Breast	13	14
13 – 14	200 Back	15	16
15 & Over	200 Back	17	18
13 – 14	50 Free	19	20
15 & Over	50 Free	21	22
13 – 14	100 Fly	23	24
15 & Over	100 Fly	25	26
13 & Over	400 Free Relay	27	28
	30 minute break		
13 & Over	800 Free	29•	30•

• Events 29 & 30 are deck-seeded; sign-in deadline is 9:00 AM on Saturday. Events will be swum FASTEST to SLOWEST alternating Female, Male. Each entrant must provide counter and timers for these events.

ORDER OF EVENTS • PM SESSION 3

NEW TIME *****Warm-up not before 1:00 PM (50 minutes), Competition not before 2:00 PM****

Events		Girls	Boys
11 – 12	200 Free	31	32
10 & Under	200 Free	33	34
11 – 12	100 Breast	35	36
10 & Under	100 Breast	37	38
11 – 12	50 Back	39	40
10 & Under	50 Back	41	42
11 – 12	100 Fly	43	44
10 & Under	100 Fly	45	46
11 – 12	50 Free	47	48
10 & Under	50 Free	49	50
11 – 12	200 Free Relay	51	52
10 & Under	200 Free Relay	53	54

Sunday • June 13

ORDER of EVENTS • AM SESSION 4

Warm-up @ 7:00 AM (50 minutes), Competition @ 8:00 AM

Events		Girls	Boys
13 – 14	200 IM	55	56
15 & Over	200 IM	57	58
13 – 14	100 Back	59	60
15 & Over	100 Back	61	62
13 – 14	200 Breast	63	64
15 & Over	200 Breast	65	66
13 – 14	100 Free	67	68
15 & Over	100 Free	69	70
13 – 14	200 Fly	71	72
15 & Over	200 Fly	73	74
13 & Over	400 Medley Relay	75	76
	15 minute break		
13 & Over	400 Free	77•	78 •

• Events 77 & 78 are deck-seeded; sign-in deadline is 9:00 AM on Sunday. Events will be swum FASTEST to SLOWEST alternating Female, Male. Each entrant must provide counter and timers for these events.

ORDER OF EVENTS • PM SESSION 5

NEW TIME *****Warm-up not before 1:00 PM (50 minutes), Competition not before 2:00 PM****

Events		Girls	Boys
11 – 12	200 IM	79	80
10 & Unde	er 200 IM	81	82
11 – 12	50 Breast	83	84
10 & Unde	er 50 Breast	85	86
11 – 12	100 Back	87	88
10 & Unde	er 100 Back	89	90
11 – 12	50 Fly	91	92
10 & Unde	er 50 Fly	93	94
11 – 12	100 Free	95	96
10 & Unde	er 100 Free	97	98
11 – 12	200 Medley Relay	99	100
10 & Unde	er 200 Medley Relay	101	102



June 11, 12, 13, 2010

(This form **MUST** accompany your meet entry)

TEAM NAME			LSC CODE
HEAD COACH		# 0	of coaches attending
ADDRESS	PI	HONE (H)	
	(V	V)	
	E	-Mail	
Person to contact for qu	estions on entry		
PHONE (H)	(W)	E-mail _	
CERTIFIED OFFICIALS II	NTERESTED IN WORKING THE ME	ET (please note sess	ions)
1	2	3	
USA SWIMMING MEMBE	RS INTERESTED IN APPRENTICIN	G AS AN OFFICIAL	
1	2	3	
organization associated with E'Town Ky Dolphins, Elizabe be sustained at this meet or	the E'Town Ky Dolphins "Summer Class thtown Swim & Fitness Center and their while in transit to and from this meet of by my team and all coaches from my tea	sic" Swim Meet, includin officers, agents, and repr or any loss or damage in	any and all claims against any individual or g USA Swimming, Kentucky Swimming, Inc., esentatives for any and all injuries which may neurred at this meet. Further, I affirm that all my team are current / valid members of USA
Signature of Club Officia	l	[Date
	ENTRY REC	CAP	
TOTAL NON HY-TEK INDIVIDUAL EVENTS ENTERED		x \$ 5.00	\$
TOTAL NON HY-TEK RELAY EVENTS ENTERED		x \$10.00	\$
TOTAL SWIMMERS ENTERED FOR LSC SURCHARGE		x \$ 1.50	\$
TOTAL HY-TEK INDIVIDUAL EVENTS ENTERED		x \$ 4.00	\$
TOTAL HY-TEK RELAY EVENTS ENTERED		x \$ 8.00	\$
	TOTAL A	MOUNT ENCLOSED	\$

Make checks payable to: **E'Town KY Dolphins Mail Entries & Waiver to**: E'Town KY Dolphins, Attn: Entry Chair, PO Box 2542, Elizabethtown, KY 42702