



Cardinal Masters

Workout Group of Swim Kentucky Masters,
a United States Masters Swimming Club



Practices are designed in a weekly cycle ending with a team competition every 6 to 8 weeks (locally). Focus is on competitive techniques and swimming fast.

Costs:

Join USMS	\$60.00 per year Nov 1 st to Dec 31 st
Liability and secondary medical insurance for practice, meets, and traveling to meets	
USMS.org (Membership Button upper right screen)	
Have credit card ready	
Join the Natatorium.	\$100.00 per year Sept 1 st to Aug 30 th
UofL students are all ready members	
Quarterly training fees	\$60.00 Due Sept 1, Dec 1, Mar 1, June 1

Practices (depending on the University schedule)

Sunday	Doors open 8:00am, In the water 8:15am, Finish 9:30 am (or so)
Monday	Doors open 4:50am, In the water 5:00am, Finish 6:00 am
Wednesday	Doors open 5:15am, In the water 5:25am, Finish 6:30 am
Friday	Doors open 5:15am, In the water 5:25am, Finish 6:30 am

The Meet Schedule this year, 2019-20, are:

Louisville Invitational, University of Louisville, Louisville, KY November 24th
Lakeside Mile, Lakeside Swim Club, Louisville, KY December 8th
Western Kentucky Green Gators Invite, Bowling Green, KY January 12th
Wildcat Masters Invite, Lexington KY, March 1st and 8th
Kentucky Masters LCM Mini, Meet Louisville, Ky July
USMS 5k National Championship, Cleveland, OH July 18th
Lakeside Invitational, Louisville, Ky August
USMS LC Nationals, Richmond, VA August 12-16th

Contact: Coach Bill Tingley, btingley4510@gmail.com or
Aquatics Director Seth Boone, Seth@GoCards.com for more information