



**45th Annual Lakeside Masters Long Course Invitational
Saturday & Sunday, July 30-31, 2022**

SANCTIONED BY THE KENTUCKY LMSC FOR UNITED STATES MASTERS SWIMMING, INC
SANCTION NUMBER **412-S003**

SPONSORED BY: Lakeside Masters Swim Team

LOCATION: Lakeside Swim Club, 2010 Trevilian Way, Louisville, KY 40205-2142
502.454.4585, www.lakesideswim.com

POOL: 10-lane, 50m competition pool. 4-lane, 25-yard warm-up/cool-down pool.
Non-turbulent lane dividers. Open "lake" area in diving well. Automatic timing --
Colorado Timing Systems. Times can be submitted for world records, USMS
records, and USMS Top Ten consideration. The length of the competition course
is in compliance and on file with USMS in accordance with articles 105.1.7 and
107.2.1.

SCHEDULE:

DAY ONE - Saturday, July 30

- Session One - doors: 7:45 a.m., warmup: 8:00-8:55 a.m., 1-way sprint/pace 8:45-8:55 a.m., start: 9:00 a.m.
- Session Two - warmup: 12:30 p.m. or following conclusion of S1 until 1:25 p.m., 1-way sprint/pace: 1:15-1:25 p.m., start: no earlier than 1:30 p.m.

DAY TWO - Sunday, July 31

- Session Three - doors: 7:45 a.m., warmup: 8:00-8:55 a.m., 1-way sprint/pace 8:45-8:55 a.m., start: 9:00 a.m.

MEET ENTRY:

- (1) Online entry is strongly preferred and available at:
https://www.clubassistant.com/club/meet_information.cfm?c=1282&smid=15186
- (2) Paper entries can be mailed, emailed to wkolb@lakesideswim.com, or received in person at Lakeside Swim Club
- (3) Deck entries will be accepted until 30-minutes prior to a session start time.

ELIGIBILITY: All swimmers must have an active registration with U. S. Masters Swimming at the time of registration. No exceptions. Each swimmer is responsible for their proof of USMS registration and may be required to show it upon request by meet officials. **SWIMMERS MUST INCLUDE USMS MEMBER # OR A COPY OF**

THEIR USMS CARD WITH THEIR PAPER REGISTRATIONS. The meet entry form should display your name and USMS number as registered with USMS.

MAXIMUM ENTRIES: All swimmers are eligible to swim a maximum of 6 individual events for the entire meet (limit 5 per day) plus relays.

AGE: The age reported on your entry form must reflect your actual age as registered with USMS. A swimmer's age on December 31, 2022 determines their age for this meet.

PARTICIPANT WAIVER: Entries are not complete without a signed and dated PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT attached to this document.

MEET ENTRY DEADLINES: **Online entry via Club Assistant** -- closes at 9:00 p.m. on Thursday, July 28
Paper entry via mail, email, in person -- accepted until Friday, July 29
Deck entry -- accepted on Saturday, July 30 and Sunday, July 31 (see below)

DECK ENTRIES: Any entry received on Saturday, July 30 or Sunday, July 31 will be considered a deck entry and will be placed in the meet in the order in which it was received. Late and deck entries will be seeded following the deck entry deadline. Deck entries for events 1 & 2 will be accepted as space is available.

Deck entry deadlines:

- Session One - 8:30 a.m.
- Session Two - 1:00 p.m.
- Session Three - 8:30 a.m.

ENTRY FEES: **Online** -- \$40.00 for one or both days
Paper -- \$45.00 for both days if received by Thursday, July 28 by 9:00 p.m.
Paper -- \$35.00 for one day if received by Thursday, July 28 by 9:00 p.m.
Deck Entry -- \$60.00 for all entries received after on/after Saturday, July 30

Cash or check only for paper/deck entries. Make checks payable to:
Lakeside Masters

T-SHIRTS: Meet t-shirts will be given to all athletes when enter the meet before Thursday, July 28 by 9:00 p.m. Deck entries will receive shirts while supplies last.

MAIL TO: **LAKESIDE MASTERS INVITATIONAL** **EMAIL: wkolb@lakesideswim.com**
C/O WILLIAM KOLB
2010 TREVILIAN WAY
LOUISVILLE, KY 40205

PSYCH SHEET: A psych sheet for all events will be posted online at www.lakesideswim.com/teams/masters-swim-team and www.kylmsc.org/meet-info by 12:00 p.m. on Friday, July 29.

SEEDING/LANE ASSIGNMENTS: This meet will be deck-seeded. All events will be seeded by the submitted seed time of each swimmer. Slower heats and no time (NT) will swim first. Swimmers will be seeded according to time regardless of their age. Women and men will be

seeded in separate heats except for the 1500m and 800m freestyle. Swimmers are responsible to report to the blocks for each event on time and in their appropriate heat and lane.

HEAT SHEETS: Heat sheets will be posted around the competitive course and uploaded to Meet Mobile and Swim Phone following the close of deck entries.

EVENTS 1 & 2: The 1500m freestyle and the 800m freestyle shall be limited to the first 30 entries per event (men and women). **Positive check-in is required for both events:**

- **All swimmers must be checked in for the 1500m freestyle by 8:30 a.m. on Saturday, July 30.**
- **All swimmers must be checked in for the 800m freestyle by 9:30 a.m. on Saturday, July 30.**

Any swimmer who has not checked in with the Clerk of Course by the above deadlines will be scratched from these events. Swimmers may check in by phone/voicemail at (502) 454-4585 x 231 or by email to wkolb@lakesideswim.com by the above deadlines.

Any entry received after the event entry limits have been met shall be considered a standby entry and shall check in at the Clerk of Course as well. These swimmers will be placed in the event upon a scratch.

Men and women will be seeded together for the 1500m freestyle and 800m freestyle only. **Swimmers are not eligible to enter both events.** Swimmers are responsible for providing personnel to count for them using devices provided by the facility.

OFFICIAL SPLITS: Splits for the 100m, 200m, 400m, and 800m freestyle within the 1500m, freestyle and for the 100m, 200m and 400m freestyle within the 800m freestyle shall be recorded in the official results. Any swimmer wishing a split time to be recorded in any other individual event shall pick up a split request form from the Clerk of Course and return it to the Administrative Referee. All split times will be recorded in accordance with USMS Rule 105.2.2. Lead-off splits for relays will be submitted to USMS for all lead-off swimmers.

TEAM REPRESENTATIVE: All USMS registered teams should inform the Meet Director of one official team representative before the start of Event 1.

RELAY ENTRY: Relay cards shall be submitted to the Clerk of Course by the published deadlines. Blank relay cards may be picked up from the Clerk of Course by the Team Representative who is responsible to print all information accurately and legibly. Each card shall include a swimmer's names, as registered with USMS, in order of relay swim. There shall be no "exhibition" relay swims.

Relay Entry Deadlines:

- S2: Events #3-4 - Women's & Men's 200m medley relay - 1:00 p.m.
- S2: Event #23 - Mixed 200m free relay - end of #20 Men's 200m free
- S3: Event #26 - Mixed 200m medley relay - end of #25 Men's 400m free
- S3: Events #37-38 - Women's & Men's 200m free relay - end of #34 Men's 50m free

CHECK-IN: All swimmers shall check in upon arrival at the facility. Athletes are required to submit a signed entry form and waiver before they enter the pool for warm-up.

WARM-UP PROCEDURE: Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lane(s) during the published warm-up periods. No diving in the 25-yard warm-up pool.

TEAM POINTS: Team points will be awarded by age group with men and women being scored separately:

Individual: 1st - 8th: 9-7-6-5-4-3-2-1 Relay: 1st-8th: 18-14-12-10-8-6-4-2

AWARDS: Team awards will be given to the top three visiting teams. Individual and Relay Award labels for 1st - 8th place will be available for participants to place on a meet souvenir document available at the awards table.

RESULTS: Results will be posted throughout the facility during the meet as well published on Meet Mobile and Swim Phone. Final results will be emailed to participants and posted online at: kylmsc.org/results and lakesideswim.com/teams/masters-swim-team following the end of the meet.

PROTESTS: Any protest concerning eligibility, entries, seeding, or final results will be addressed to the meet director or referee. The protest shall be made by the team representative only. (USMS rules 102.14).

FACILITY RESTRICTIONS: Lakeside is a private membership club. Lakeside is a smoke and tobacco-free facility. Alcoholic beverages, glass containers and cans are prohibited. Spectators are welcome. Athletes, coaches, officials, volunteers, and spectators should use the meet gate in the club driveway to enter. Lakeside Swim Club members are permitted to use the club's front entrance and should present their membership card for entry.

PARKING: Parking is restricted to neighborhood street parking only. Please do not park in yellow zones or no parking zones.

SWIM EQUIPMENT: Swim gear will be available for sale by 9:45 a.m. during the meet in the Lakeside Swim Shop, which is located on the ground floor of the business office by the meet entrance.

VOLUNTEERS: Volunteers are needed to run this meet. Refreshments will be provided. Register to volunteer online at: <https://www.signupgenius.com/go/508054ca5aa2fa0f58-lakeside>

MEET DIRECTOR: **WILLIAM KOLB**
2010 TREVILIAN WAY
LOUISVILLE, KY 40205
w. 502-454-4585 x 231
e. wkolb@lakesideswim.com

MEET REFEREE: **MARY GRAVES**
2010 TREVILIAN WAY
LOUISVILLE, KY 40205
w. 502.454.4585 x 225
e. mtgraves@lakesideswim.com

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SANCTION NUMBER 412-S003

ORDER OF EVENTS:

SATURDAY, JULY 30, 2022

Session One -- 9:00 a.m. start -- 8:00 a.m. warmup

- 1 1500m freestyle
- 2 800m freestyle

Session Two -- 1:30 p.m. start -- 12:30 p.m. warmup.

- 3-4 200m women's & men's medley relays
(events 3-4 relay cards due by 1:00 p.m.)
10-minute break
- 5-6 100m freestyle
- 7-8 200m breaststroke
- 9-10 100m backstroke
- 11-12 50m butterfly
- 13-14 400m individual medley
- 15-16 50m backstroke
- 17-18 100m butterfly
- 19-20 200m freestyle
(event 23 relay cards due following event 20)
- 21-22 50m breaststroke
10-minute break
- 23 200m mixed free relay

SATURDAY, JULY 31, 2022

Session Three -- 9:00 a.m. start -- 8:00 a.m. warmup

- 24-25 400m freestyle
(event 26 cards due following event 25)
30-minute warmup
- 26 200m mixed medley relay
- 27-28 200m butterfly
- 29-30 100m breaststroke
- 31-32 200m backstroke
- 33-34 50m freestyle
(events 37-38 relay cards due following event 34)
- 35-36 200m individual medley
10-minute break
- 37-38 200m women's & men's free relays



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PAPER ENTRY - PLEASE PRINT

NAME: _____ **USMS #:** _____

DATE OF BIRTH: _____ **AGE ON 12/31/22:** _____ **GENDER:** _____

CLUB: _____ **WORKOUT GROUP:** _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

EMAIL: _____

T-SHIRT SIZE: _____

EMERGENCY CONTACT: _____

RELATION: _____

PHONE: _____

ENTRY FEES

- **Online** -- \$40.00 for one or both days
- **Paper** -- \$45.00 for both days if received by Thursday, July 28
- **Paper** -- \$35.00 for one day if received by Thursday, July 28
- **Deck Entry** -- \$60.00 for all entries received after on/after Saturday, July 30

ENTRY INSTRUCTIONS

Mail to: **LAKESIDE MASTERS
C/O WILLIAM KOLB
2010 TREVILIAN WAY
LOUISVILLE, KY 40205**

Email to: wkolb@lakesideswim.com

**Cash or check only for paper/deck entries.
Make checks payable to: Lakeside Masters**

DAY ONE - SESSION ONE - SATURDAY, JULY 30 - 9:00 a.m.

	Women's Seed Time	Event	Men's Seed Time
1		1500-meter freestyle	1
2		800-meter freestyle	1

DAY ONE - SESSION TWO - SATURDAY, JULY 30 - 1:30 p.m.

	Women's Seed Time	Event	Men's Seed Time
3		200-meter medley relay	4
5		100-meter freestyle	6
7		200-meter breaststroke	8
9		100-meter backstroke	10
11		50-meter butterfly	12
13		400-meter individual medley	14
15		50-meter backstroke	16
17		100-meter butterfly	18
19		200-meter freestyle	20
21		50-meter breaststroke	22
23		200-meter mixed free relay	23

DAY TWO - SESSION THREE - SUNDAY, JULY 31 - 9:00 a.m.

	Women's Seed Time	Event	Men's Seed Time
24		400-meter freestyle	25
26		200-meter mixed medley relay	26
27		200-meter butterfly	28
29		100-meter breaststroke	30
31		200-meter backstroke	32
33		50-meter freestyle	34
35		200-meter individual medley	36
37		200-meter free relay	38

MAXIMUM ENTRIES: All swimmers are eligible to swim a maximum of 6 individual events for the entire meet (limit 5 per day) plus relays.



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

- I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
- I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
- I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
- I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
- I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
- I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (check) M F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Revised 04/28/2022