

# The Lakeside Mile

## Sunday, December 8, 2019



SANCTIONED BY THE KENTUCKY LMSC FOR UNITED STATES MASTERS SWIMMING, INC  
SANCTION NUMBER 419-S006

- THE EVENTS** Event # 1 800 Meters Freestyle Relay Event # 2 1500 Meters Freestyle
- SPONSORED BY:** Lakeside Masters Swim Team
- LOCATION:** Lakeside Swim Club, 2010 Trevilian Way, Louisville, KY 40205-2142, 502-454-4585, [www.lakesideswim.com](http://www.lakesideswim.com)
- POOL:** 8 Lane, 25 Meter Pool, Non-turbulent Dividers, The primary timing system will be 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, but as a bulkhead course, is subject to length confirmation. Eligibility of Times for USMS Top Ten and records will be contingent on verification of bulkhead placement. 20 Yd Warm-up Pool
- SCHEDULE:** Doors Open: 7:00 a.m. Event # 1 800 Free Relay; 15 minute break  
Competition Pool Warm-ups: 7:15 – 7:55 a.m. Event # 2 1500 Freestyle  
Meet Start: 8:00 a.m.
- ELIGIBILITY:** All swimmers must be registered with United States Masters Swimming Inc. Each swimmer is responsible for his/her USMS card and may be required to show it upon request by meet officials. **SWIMMERS MUST INCLUDE A COPY OF THEIR USMS CARD WITH THEIR ENTRY.** The meet entry form should display your registered name and USMS number, according to your USMS card. **SWIMMERS MUST BE REGISTERED WITH USMS BEFORE WARM UP STARTS.**
- AGE:** The age reported on your entry form must reflect your actual age as registered with USMS. A swimmer's age on December 31, 2019, determines his/her age for the meet.
- 19-24 SWIMMERS:** Swimmers 19-24 years old competing in USMS meets may jeopardize their NCAA eligibility.
- ENTRY FORMS:** Paper entry forms only, no on-line entry. Swimmers in a USMS registered club should place the name of your club on the entry form. Swimmers not attached to a USMS Club note "UC" and your LMSC number on your entry form.
- 1500 FREE ENTRY LIMIT:** **THE 1500 FREESTYLE IS LIMITED TO THE FIRST 48 ENTRIES IN THE HANDS OF THE ENTRY CHAIR.**
- 1500 ENTRY DEADLINE & DECK ENTRIES:** Friday, December 6, 2019, 12:00 pm EST. Deck Entries for the 1500 Freestyle will be accepted until Sunday, December 8, 2019 at 7:30 a.m. (if room is still available). An entry for the 1500 received after the entry deadline will be considered a deck entry and placed in the meet on Sunday morning in the order it was received.
- MAIL TO:** **THE LAKESIDE MILE**  
c/o CHRIS NEICHTER  
2010 TREVILIAN WAY  
LOUISVILLE, KENTUCKY 40205-2142
- LANE ASSIGNMENTS:** The meet will be seeded by the pre-entered seedtime of each swimmer or relay; with the **FASTEST** heats first. A seedtime of no time (NT) will be seeded in the slower heats. Swimmers will be seeded according to time, regardless of age or gender. **Final Heat and lane assignments will be posted by 7:55 a.m.**, on the day of the meet, at the venue. Seed cards will not be used. Swimmers are responsible to report to the blocks when their heat is called.
- Preliminary Psych Sheet** for the 1500 will be posted at [www.lakesideswim.com](http://www.lakesideswim.com). Click on Teams then scroll down to Masters Swim Team, on Friday, December 6 at 5:00 p.m. EST.
- LAP COUNTERS** Each swimmer shall provide their own person to count laps. Lap counters shall be provided.
- ENTRY FEES:** \$5.00 per Individual Swimmer - \$10.00 per Deck Entry – **Cash or Check only.**  
\$2.00 per Relay swimmer if not entering the 1500  
Make Checks Payable To: **Lakeside Masters**

**TOYS FOR TOTS:**

Lakeside Swim Club and Kentucky Masters Swimming will host a Toys For Tots drive during this swim meet. Each participant and spectator is requested to donate an unwrapped new for the children in the Toys for Tots program.

**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 during the warm-up period. No diving in the 20 yd warm-up pool.

**PROTESTS:**

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

**FACILITY  
RESTRICTIONS:**

Lakeside is a smoke and tobacco free facility; alcoholic beverages, glass containers, and cans are prohibited. Lakeside is closed to its members and guests for this swim meet.

**FACILITY PARKING:**

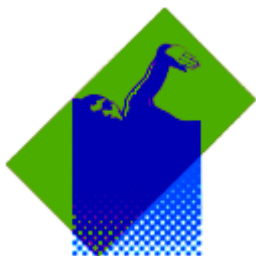
Parking is restricted to street parking only.

**MEET DIRECTOR:**

Chris Neichter  
2010 Trevilian Way  
Louisville, KY 40205-2142  
502-454-4585 Ext. 228  
[cneichter@lakesideswim.com](mailto:cneichter@lakesideswim.com)

**MEET REFEREE :**

Mary Graves  
2010 Trevilian Way  
Louisville, KY 40205-2142  
502-454-4585 Ext 225  
[mtgraves@lakesideswim.com](mailto:mtgraves@lakesideswim.com)



# THE LAKESIDE MILE

Sunday, December 8, 2019



ENTRY FORM

PLEASE PRINT

PLEASE ATTACH A COPY OF USMS CARD

**NAME** \_\_\_\_\_ **TEAM** \_\_\_\_\_

**BIRTHDAY** \_\_\_\_\_ **AGE** \_\_\_\_\_ **GENDER** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **CITY/STATE/ZIP** \_\_\_\_\_

**DAY PHONE** \_\_\_\_\_ **EVENING PHONE** \_\_\_\_\_

**EMERGENCY PHONE** \_\_\_\_\_ **EMERGENCY CONTACT NAME** \_\_\_\_\_

**EMAIL** \_\_\_\_\_

Check here if entering the 800 Free Relay \_\_\_\_\_

*The Relays will be Deck Entered and Deck Seeded*

*Enter a seed time for the 1500 Meter here*

\_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\$2.00 per Relay swimmer, not entered in the 1500

\$5.00 per Individual Swimmer - \$10.00 per Deck Entry for the 1500

Make Checks Payable To: **Lakeside Masters**

Split Requests: Swims that meet the requirements of USMS Rule 105.2.2, lead-off 200 split for the 800 Free Relay will be submitted to USMS for all lead off swimmers.

Splits from the 1500 Freestyle, which meet the requirements of USMS Rule 105.2.2 for 50, 100, 200, 400 and 800 meters will be submitted to USMS for all swimmers.



## 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 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 (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed