



*The 39th Annual  
Lakeside Masters Summer Long Course Invitational  
August 1-2, 2015*

Sanctioned By The Kentucky LMSC For United States Masters Swimming Inc. Sanction Number 415-S0005

**SPONSORED BY:** Lakeside Masters Swim Team

**LOCATION:** Lakeside Swim Club, 2010 Trevilian Way, Louisville, KY 40205-2142, (502) 454-4585

**POOL:** 10 lane, 50 meters, non-turbulent dividers, automatic timing, 3 lane 25 yd Warm-up plus ample warm up space

**SCHEDULE:** Saturday, August 1, 2015

Session One – 9:00 am EDT, Warm up 8:00 am

Session Two – 1:30 pm EDT, Warm-up 12:30 pm

Sunday, August 2, 2015

Session Three - 9:00 am EDT, Warm up 8:00 am EDT 30 minute warm-up after the Men's 400 free

Friday, July 31, 2015 - Pre Meet Warm up

5:00pm–8:00pm EDT Only pre-registered swimmers will be able to use facility for warm-up.

USMS Card must be presented to attendant for entry into Lakeside Club

**ELIGIBILITY:** All swimmers must be registered with United States Masters Swimming, Inc. and may be asked to show their USMS card upon request by officials. A COPY OF YOUR USMS REGISTRATION CARD MUST BE INCLUDED WITH YOUR WRITTEN ENTRY. The meet entry form and event cards should display your registered name & number as it is on your USMS card. All swimmers must be USMS registered before an entry can be accepted.

Swimmers may register with USMS on line at [www.usms.org](http://www.usms.org). Each swimmer is eligible to swim A MAXIMUM OF 6 INDIVIDUAL EVENTS FOR THE 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, 2015, shall determine his/her age for the meet.

**18-24 SWIMMERS:** Swimmers 18-24 years old competing in USMS meets may jeopardize their NCAA eligibility.

**ENTRY DEADLINES:** On-Line entries close at 9:00 pm EDT, Wednesday, July 29, 2015. Written entries are to be received by Sunday, July 26, 2015. All entries, written and online, received by 9:00 pm EDT, Sunday, July 26th, will receive a Meet Shirt and packet. Packets may be picked up at the Meet Entrance. Only swimmers, whose entries, written and on-line, are received by the Sunday, July 26th deadline, will receive a meet shirt and packet.

**ENTRY FEES:** An entry fee of \$30.00 will be charged for on-line entries for one or both days at [www.lakesideswim.com](http://www.lakesideswim.com). An entry fee of \$35.00 will be charged for written entries for both days and \$25.00 will be charged for written entries on one day. These fees are for written entries received by the entry deadline or late entries, accepted before the first day of the meet. (6 Individual event limit for the meet, 5 events per day, plus relays) Checks are preferred.

**WRITTEN LATE &**

**DECK ENTRIES:** This meet will be Deck-Seeded. Late & Deck Entries will be seeded into the meet following the deck entry deadline. Heat Sheets will then be posted around the competitive course following the closing of deck entries.

Deck entries for the 1500 and 800 Freestyles will be accepted if space available.

**DECK ENTRY DEADLINE:** Session One events 8:30 am EDT / Session Two events 12:45 pm EDT / Session Three events, 8:15 am EDT for events 24 & 25, the 400 Freestyle / All other events for Session Three 9:00 am EDT

A deck entry fee of \$40.00 will be charged for written entries taken on either day of the meet

Deck entries are limited to 6 Individual event limit for the meet, 5 events per day, plus relays,

**MAKE CHECKS**

**PAYABLE TO:** LAKESIDE MASTERS SWIM TEAM

**MAIL WRITTEN ENTRIES TO:** 2015 LAKESIDE MASTERS INVITATIONAL  
c/o CHRIS NEICHTER  
2010 TREVILIAN WAY  
LOUISVILLE, KY 40205-2142

**1500 & 800 FREE:** The 1500 freestyle shall be limited to the first 60 entries (Men And Women) received and the 800 freestyle shall be limited to the first 30 entries. Swimmers may enter either the 800 or 1500 Freestyles, but not both events. Check-in is required for the 1500 and the 800 freestyle. Swimmers must be checked in for the 1500 freestyle by 8:30 am on Saturday, August 1<sup>st</sup>. All swimmers must be checked in for the 800 freestyle by 10:30 am on Saturday, August 1st. Any swimmer who has not checked in with the Clerk of Course by these deadlines will be scratched. *Swimmers may check-in by*

phone, 502-454-4585 ext 228 or by email, [cneichter@lakesideswim.com](mailto:cneichter@lakesideswim.com) by 7:00 a.m. Saturday, August 1, 2015.

Any entry received after the first 60 in the 1500 and the first 30 in the 800 shall be considered a standby and shall check in at the Clerk of Course. These swimmers will be placed in the event, upon a scratch. Men and women will be seeded together for the 1500 and 800 freestyle events only.

Swimmers shall provide their own personnel to count for them. Lap Counters will be provided.

**LANE ASSIGNMENTS:** Each event will be seeded by the submitted seed time of each swimmer; the slower heats will swim first and no time (NT) will be seeded in these heats. Swimmers will be seeded according to time regardless of their age. Women and men will be seeded in separate heats, except for the 1500 & 800 freestyles. Swimmers are responsible to report to the blocks for each event, on time for their appropriate heat and lane. A Psych Sheet will be posted on Thursday, July 30th, after 6:00pm EDT, at [www.lakesideswim.com](http://www.lakesideswim.com)

#### **TEAM**

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

**RELAYS:** All relays are deck entered. Blank relay cards are to be picked up from the Clerk of Course by the coach or team representative and are responsible to print legibly all information required. Each card shall include: swimmer's name as USMS registered in order of relay swim; first name, last name, age, and sex.

Cards shall be returned to Clerk of Course by the following deadlines. 200 Medley Relay 1:00p 200 Mixed Free Relay, the end of the Men's 200 Freestyle, 200 Mixed Medley Relay, the end of the Mens 400 Freestyle, and the 200 Free Relay, the end of the Men's 50 Freestyle.

**OFFICIAL SPLITS:** Splits for the 800, in the 1500 Freestyle, and the 400, in the 800 Freestyle, shall be recorded in the official results. Any swimmer wishing a split time recorded in any other individual event, shall pickup a split request form from the Head Table, fill it out and return it to the Head Table. All Split times will be recorded in accordance with USMS Rule 105.2.2.

**AWARDS:** Team Awards will be given to the top three visiting teams. Individual awards will be given for 1st through 8th place by age groups and sex from 18-24 through 100+. Awards will be given for relays for 1st through 8th, by age group, 72+, 100+, 120+, 160+, 200+, 240+, 280+, 320+

**HIGH POINT AWARD:** A High Point Award will be awarded to the Male and Female in each age group, based on the team points scored in each individual event.

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

Individual: first through eighth: 9-7-6-5-4-3-2-1

Relays: first through eighth: 18-14-12-10-8-6-4-2

**PROTESTS:** Any protest concerning seeding, awards, final results, eligibility, scoring or entries will be addressed to the meet director or referee. (USMS Rule 102.16) The Team Representative is the only person who can make the protest.

#### **FACILITY**

**RESTRICTIONS:** Swimmers and Spectators shall enter through the swim meet entrance  
Street parking only; No on-site parking available  
Smoking, and all use of tobacco products are prohibited in the facility.  
No alcoholic beverages, glass containers or cans are permitted on Lakeside Club property.  
Coolers may be inspected by club personnel.

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

**MEET DIRECTOR:** William Tingley  
2010 Trevilian Way  
Louisville, KY 40205-1025  
502-548-4129 after 6pm EDT  
[btingley4510@gmail.com](mailto:btingley4510@gmail.com)

**AQUATIC OPERATIONS:** Christopher Neichter  
2010 Trevilian Way  
Louisville, KY 40205-4125  
502-454-4585 ext. 228  
[cneichter@lakesideswim.com](mailto:cneichter@lakesideswim.com)

**GENERAL MANAGER:** Mary Graves  
2010 Trevilian Way  
Louisville, KY 40205-4125  
502-454-4585 ext. 225  
[mtgraves@lakesideswim.com](mailto:mtgraves@lakesideswim.com)

**MEET HOUSING:** Visit [www.gotolouisville.com](http://www.gotolouisville.com)

**THE 39th ANNUAL LAKESIDE MASTERS INVITATIONAL  
August 1-2, 2015**

**ORDER OF EVENTS:  
All Events Are Timed Finals**

**Saturday, August 1, 2015**

**Session One** 9:00 am -Warm up 8:00 am

1500 M Freestyle  
800 M Freestyle

**Session Two** 1:30 pm – Warm-up 12:30 pm

3-4 200 M Medley Relay  
10-Minute Break  
5-6 100 M Freestyle  
7-8 200 M Breaststroke  
9-10 100 M Backstroke  
11-12 50 M Butterfly  
13-14 400 M Individual Medley  
15-16 50 M Backstroke  
17-18 100 M Butterfly  
19-20 200 M Freestyle  
21-22 50 M Breaststroke  
10-Minute Break  
23 200 M Mixed Free Relay

**Sunday, August 2, 2015**

**Session Three** 9:00 am, Warm-up 8:00 am

24-25 400 M Freestyle  
30-Minute Warm-up  
26 200 M Mixed Medley Relay  
10 Minute Break  
27-28 200 M Butterfly  
29-30 100 M Breaststroke  
31-32 200 M Backstroke  
33-34 50 M Freestyle  
35-36 200 M Individual Medley  
10 Minute Break  
37-38 200 M Freestyle Relay

**Directions to Lakeside Swim Club, 2010 Trevilian Way, Louisville, Kentucky 40205**

**From the North on I-65:** Southbound I-65, thru the city to Eastbound I-264, the Watterson Expressway; exit on Bardstown RD, Exit 16, left turn at the bottom of the exit; left turn at the third stop light, Trevilian Way; the club is on the left in the second block.

**From the South on I-65:** Northbound I-65 to Eastbound I-264, the Watterson Expressway; exit on Bardstown RD, Exit 16, left turn at the bottom of the exit; left turn at the third stop light, Trevilian Way; the club is on the left in the second block.

**From the West on I-64:** Eastbound I-64 to Southbound I-65, thru the city to Eastbound I-264, the Watterson Expressway; exit on Bardstown RD, left turn at the bottom of the exit; left turn at the third stop light, Trevilian Way; the club is on the left in the second block.

**From the East on I-64:** Westbound I-64 to Westbound I-264, the Watterson Expressway; exit at Bardstown RD, Exit 16, right turn at the bottom of the exit; left turn at the third stop light, Trevilian Way; the club is on the left in the second block.

**From the North on I-71:** Southbound I-71 to Westbound I-264, the Watterson Expressway; exit at Bardstown RD, Exit 16, right turn at the bottom of the exit; left turn at the third stop light, Trevilian Way; the club is on the left in the second block.

# THE 39th ANNUAL LAKESIDE MASTERS INVITATIONAL

August 1-2, 2015

**Please Print**

Name \_\_\_\_\_ USMS Club or KY Team \_\_\_\_\_ Gender \_\_\_\_\_

Date Of Birth \_\_\_\_\_ **Attach Copy Of USMS Card With This Form**

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

**Saturday, August 1, 2015**

	Women's Seed Time	Event	Men's Seed Time
1		1500 M Freestyle*	
2		*Swimmers may enter either the 1500 or 800 Freestyle, but not both 800 M Freestyle*	
3		200 M Medley Relay	4
5		100 M Freestyle	6
7		200 M Breaststroke	8
9		100 M Backstroke	10
11		50 M Butterfly	12
13		400 M Ind. Medley	14
15		50 M Backstroke	16
17		100 M Butterfly	18
19		200 M Freestyle	20
21		50 M Breaststroke	22
23		200 M Mixed Free Relay	

**Sunday, August 2, 2015**

24	400 M Freestyle	25
26	200 M Mixed Medley Relay	
27	200 M Butterfly	28
29	100 M Breaststroke	30
31	200 M Backstroke	32
33	50 M Freestyle	34
35	200 M Ind. Medley	36
37	200 M Free Relay	38

**Written Fees: \$35.00 for events entered both days, \$25.00 single day (Entries received on the day of the meet are \$40.00)**

All Entries received by Sunday, July 26th, will receive meet shirts.

Entry Fee Enclosed \_\_\_\_\_

Please circle size (All Meet Shirts are Adult Sizes)      **XXL XL L M S**

Extra T-Shirts may be purchased for \$12.00 - if ordered is received by Sunday, July 26th

Extra T-Shirts \_\_\_\_\_

**LIABILITY WAIVER - Read and sign here and the next page**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Date \_\_\_\_\_ Athlete's Signature \_\_\_\_\_



**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");

1. 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.
2. 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.
3. 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.
4. 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.
5. 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	