



The 43rd Annual Lakeside Masters Summer Long Course Invitational -- August 3-4, 2019

Sanctioned By The Kentucky LMSC For United States Masters Swimming, Inc. Sanction Number **XXX-XXXX**

SPONSORED BY: Lakeside Masters Swim Team

LOCATION: Lakeside Swim Club, 2010 Trevilian Way, Louisville, KY 40205-2142, (502) 454-4585 x 228

POOL: 10 lane, 50 meters, non-turbulent dividers, automatic timing, 2 lane 25 yd warm-up plus ample warm up space -- The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

SCHEDULE: Saturday, August 3, 2019

Session One – 9:00am EDT, warm-up 8:00am

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

Sunday, August 4, 2019

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

Friday, August 2, 2019 - pre-meet warm up

5:00pm–8:00pm EDT -- Only pre-registered swimmers will be able to use Lakeside facilities for warm-up. Swimmers must present USMS Card or MyUSMS profile to attendants to enter Lakeside Swim Club.

ELIGIBILITY: All swimmers must be registered with United States Masters Swimming, Inc. and may be asked to show their USMS card or My USMS profile upon request by officials. A COPY OF YOUR USMS REGISTRATION CARD MUST BE INCLUDED WITH ALL WRITTEN ENTRIES. The meet entry form and event cards should display your registered name and USMS number as it is on your USMS card or My USMS profile. All swimmers must be USMS registered before an entry can be accepted. Swimmers may register with USMS online at USMS.org. All swimmers are 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, 2019, 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:

- **Online entries** close at 9:00pm EDT, Wednesday, July 31, 2019.
- **Written entries** are to be received by Sunday, July 28, 2019.
- All swimmers whose entries, written and online, are received by 9:00pm EDT, Sunday, July 28 will receive a meet shirt and packet. Packets may be picked up at the meet entrance.

ENTRY FEES:

- **Online entry** -- \$30.00 for one or both days via www.lakesideswim.com
- **Written entry** -- \$35.00 for both days
- **Written entry** -- \$25.00 for one day
- **Deck entry** -- \$40.00 for written entries taken on either day of the meet
- checks are preferred

LATE AND DECK ENTRIES: This meet will be deck-seeded. Late and deck entries will be seeded 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 Freestyle events will be accepted if space available.

Deck Entry Deadline:

- Session one events -- 8:30am EDT
- Session two events -- 12:45pm EDT
- Session three events 24, 25, and the 400 Freestyle -- 8:15 am EDT
- Session three events all other events -- 9:00am EDT

MAKE CHECKS PAYABLE TO:

LAKESIDE MASTERS

MAIL WRITTEN ENTRIES TO:

**2019 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. Check-in is required for the 1500 and the 800 freestyle. All swimmers must be checked in for the 1500 freestyle by 8:30am on Saturday, August 3. All swimmers must be checked in for the 800 freestyle by 10:30am on Saturday, August 3. 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 x 228) or by email (cneichter@lakesideswim.com) on Friday, August 2 only. 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 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. Slower heats and no time (NT) will swim. 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 and in their appropriate heat and lane. A psych sheet will be posted on www.lakesideswim.com on Thursday, August 1, after 6:00pm EDT.

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 who are responsible to print all required information legibly. Each card shall include all swimmer's names, as USMS registered, in order of relay swim-- first name, last name, age, and sex. .

Relay Entry Deadlines:

- 200 Medley Relay -- 1:00pm
- 200 Mixed Free Relay -- following the end of the Men's 200 Freestyle
- 200 Mixed Medley Relay -- following the end of the Men's 400 Freestyle
- 200 Free Relay-- following the end of the Men's 50 Freestyle

OFFICIAL SPLITS: Splits for the 800, within the 1500 Freestyle, and the 400, within the 800 Freestyle, shall be recorded in the official results. Any swimmer wishing a split time 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.

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 gender 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+, and 320+.

HIGH POINT AWARD: A high point award will be awarded to one male and female in each age group, based on the total team points scored in individual events.

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

Relays -- 1st - 8th: 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 per USMS Rule 102.16. The team representative is the only person who can make a protest.

FACILITY RESTRICTIONS: Please enter through the swim meet entrance in the Lakeside Swim Club driveway-- NOT the front gate entrance for club members. Street parking only-- no on-site parking available. Lakeside is a tobacco and smoke free facility. No alcoholic beverages, glass containers or cans are permitted on Lakeside property. Coolers may be inspected by Lakeside staff.

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 HOUSING: Visit www.louisville.com

MEET DIRECTOR: Chris Neichter
2010 Trevilian Way
Louisville, KY 40205-4125
502-454-4585 x 228
cneichter@lakesideswim.com

MEET REFEREE: Mary Graves
2010 Trevilian Way
Louisville, KY 40205-4125
502-454-4585 x 225
mtgraves@lakeside.com

The 43rd ANNUAL LAKESIDE MASTERS INVITATIONAL SWIM MEET
July 29-30, 2017

ORDER OF EVENTS:
All Events Are Timed Finals

SATURDAY, AUGUST 3, 2019

Session One -- 9:00am start -- 8:00 am warm-up

- 1 1500 M Freestyle
- 2 800 M Freestyle

Session Two -- 1:30pm start -- 12:30pm warm-up

- 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 4, 2019

Session Three -- 9:00am start -- 8:00am start

- 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 I-264 West, 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.

THE 43rd ANNUAL LAKESIDE MASTERS INVITATIONAL SWIM MEET -- WRITTEN ENTRY

August 3-4, 2019

Name _____ USMS Club _____ Gender _____

Date Of Birth _____ **Attach copy of USMS card with this form!**

Address _____ City _____ State _____ Zip _____

Home Phone _____ Business Phone _____ E-Mail _____

Saturday, August 3, 2019

	Women's Seed Time	Event	Men's Seed Time
1		1500 M Freestyle*	1
2		*Swimmers may enter either the 1500 or 800 Freestyle, but not both 800 M Freestyle*	2
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	23

Sunday, August 4, 2019

24	400 M Freestyle	25
26	200 M Mixed Medley Relay	26
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 Entry Fees: \$35.00 for events entered both days, \$25.00 single day, \$40 entries received the day of the meet

All Entries received by Sunday, July 21 will receive meet shirts.

Entry Fee Enclosed _____

Please circle size (adult sizes) **XXL XL L M S**

Extra t-shirts may be purchased for \$12.00 if ordered by Sunday, July 28.

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 _____

THE 43rd ANNUAL LAKESIDE MASTERS INVITATIONAL SWIM MEET -- DECK ENTRY

August 3-4, 2019

Name _____ USMS Club _____ Gender _____

Date Of Birth _____ **Attach copy of USMS card with this form!**

Address _____ City _____ State _____ Zip _____

Home Phone _____ Business Phone _____ E-Mail _____

Saturday, August 3, 2019

	Women's Seed Time	Event	Men's Seed Time
1		1500 M Freestyle*	1
2		*Swimmers may enter either the 1500 or 800 Freestyle, but not both 800 M Freestyle*	2
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	23

Sunday, August 4, 2019

24		400 M Freestyle	25
26		200 M Mixed Medley Relay	26
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

Deck Entry Fees: \$40.00 for all events entered on August 3-4, 2019

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	