

The Lakeside Mile

December 10, 2000

SANCTIONED BY THE KENTUCKY LMSC FOR UNITED STATES MASTERS SWIMMING, INC
SANCTION NUMBER 410-0009

- THE EVENT: 1500 Meters Freestyle
- SPONSORED BY: Lakeside Masters Swim Team
- LOCATION: Lakeside Swim Club, 2010 Trevilian Way, Louisville, Ky 40205-2142, 502-454-4585
- POOL: 8 Lane, 25 Meter Pool, Non-turbulent Dividers, Automatic Timing, 20 Yd Warm-up Pool
- SCHEDULE: Sunday, December 10, 2000, 8:00 AM Est (Warm-up AT 7:30 AM)
- 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. ~~ALL 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, 2000, 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: Swimmers on a USMS registered team should place the name of your team on your entry form. Unattached swimmers note "UNAT" on your entry form.
- ENTRY LIMIT: **THE MEET IS LIMITED TO THE FIRST 48 ENTRIES IN THE HANDS OF THE MEET SECRETARY.** Deck entries will be accepted if room is still available on a first-come-first-serve basis until 7:45 am, on the day of the meet.
- LANE ASSIGNMENTS: The event will be seeded by the pre-entered, 1650 yard seed time of each swimmer; with the **EASTEST** heats first. A seed time of no time (NT), will be seeded in the slower heats. Swimmers will be seeded according to time, regardless of age or sex. Seed cards will not be used. Swimmers are responsible to report to the blocks when their heat is called.
- PRELIMINARY** Heat and lane assignments, with approximate heat start times, will be posted on the internet site, www.lakesideswim.org, by Thursday, December 7, 2000. If there is room for deck entries, the **FINAL** seedings will be posted by 7:50 am, on the day of the meet, at the venue.
- 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
Checks are Preferred
- ENTRY DEADLINE: Monday, December 4, 2000
- MAKE CHECKS PAYABLE TO: **LAKESIDE MASTERS**
- MAIL TO:
- THE LAKESIDE MILE**
c/o MARY GRAVES, MEET SECRETARY
2010 TREVILIAN WAY
LOUISVILLE, KENTUCKY 40205-2142
- 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 seedings, final results, eligibility, or entries will be addressed to the meet director or referee. (USMS rules 102.15) The protest shall be made by the team representative only.
- FACILITY RESTRICTIONS: No smoking in the clubhouse or in the pool area--No alcoholic beverages, glass containers or cans are permitted on Lakeside Club property--No parking on Lakeside Club property, street parking only.
- MEET DIRECTOR: William Tingley 502-485-0482 after 6pm
1632 Jaeger Ave btingley@aye.net
Louisville, KY 40205-1025
- HOUSING:
- | | | | |
|------------------|------------------|---------------------|-------------------|
| Ramada Inn | Red Roof Inn | Holiday Inn-Airport | Holiday Inn-SE |
| 1921 Bishops Ln | 3322 Newburg Rd | 1965 Gardiner Ln | 3255 Bardstown Rd |
| 502-456-4411 | 502-456-2993 | 502-452-6361 | 502-454-0451 |
| I-264 at Exit 15 | I-264 at Exit 15 | I-264 at Exit 15 | I-264 at Exit 14 |

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ENTRY FORM

PLEASE PRINT

NAME _____ AGE _____ SEX _____ TEAM _____

BIRTHDAY _____ ATTACH A COPY OF USMS CARD

ADDRESS _____ CITY/STATE/ZIP _____

DAY PHONE _____ EVENING PHONE _____

EMAIL _____

1650 YARD SEED TIME _____ : _____ . _____
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Split Requests: In accordance with USMS Rule 105.2.2, splits for at the 400 and 800 meters will be submitted to USMS for all swimmers. Please indicate, by checking the blank space, if you wish for splits to be submitted at the following distances:

50 Meters _____ 100 Meters _____ 200 Meters _____

LIABILITY WAIVER - Read and sign.

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 _____