



The 34th Annual Lakeside Masters Summer Long Course Invitational July 31-August 1, 2010

Sanctioned By The Kentucky LMSC For United States Masters Swimming Inc. Sanction Number 410-0006

- 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, 4 lane 25 yd Warm-up plus ample warm up space
- SCHEDULE:**
Saturday, July 31, 2010
Session One – 9:00 am EDT, Warm up 8:00 am
Session Two – 1:30 pm EDT, Warm-up 12:30 pm
Sunday, August 1, 2010
Session Three - 9:00 am (EDT), Warm up 8:00 am EDT 30 minute warm-up after the Men's 400 free
Friday, July 30, 2010 - 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. **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, 2010, shall determine his/her age for the meet.
- 19-24 SWIMMERS:** Swimmers 18-24 years old competing in USMS meets may jeopardize their NCAA eligibility.
- ENTRY DEADLINE:** **Written entries** are to be received by Sunday, July 25, 2010. **On-Line entries** close Wednesday, July 28, 2010. All entries received Sunday, July 25th, will receive a Meet Shirt and packet. Packets may be picked up at the Meet Entrance. Only pre-registered swimmers, whose entries, written and on-line, are received by the written entry 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 - www.lakesideswim.org
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)
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, Checks are preferred.
- MAKE CHECKS PAYABLE TO:** LAKESIDE MASTERS
- MAIL WRITTEN ENTRIES TO:**
2010 LAKESIDE MASTERS INVITATIONAL
c/o CHRISTOPHER TINGLEY
2010 TREVILIAN WAY
LOUISVILLE, KY 40205-2142
- 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. (60 entries in the 1500 and 30 entries in the 800)
Deck Entry Deadline: Session One events 8:30 am EDT, Session Two events 12:45 pm EDT and Session Three events, 8:15 am EDT
- 1500 & 800 FREESTYLE** **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. All swimmers must be checked in for the 800 freestyle by 10:30 am on Saturday, July 31st. All swimmers must be checked in for the 800 freestyle by 10:30 am on Saturday, July 31st. Any swimmer who has not checked in with the Clerk of Course by these deadlines will be scratched. Swimmers may check-in by phone on Friday, July 30th, only by calling 502-454-4585 ext 225. 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 29th, after 6:00pm EDT, at www.lakesideswim.org**

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. Official 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 Mens 200 Freestyle, 200 Mixed Medley Relay, the end of the Mens 400 Freestyle, and the 200 Free Relay, the end of the Mens 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 Clerk of Course, fill it out and return it to the Clerk. 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 the 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: **Please enter through the swim meet entrance**
Street parking only; No on-site parking available
Smoking is prohibited in the facility.
No alcoholic beverages, glass containers or cans are permitted on Lakeside Club property.
Coolers will 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 1632 Jaeger Ave Louisville, KY 40205-1025 (502) 548-4129 after 6pm EDT btingley@insightfb.com	Facility Manager:	Mary Graves 2010 Trevilian Way Louisville, KY 40205-4125 502-454-4585 mtgraves@lakesideswim.com
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MEET HOUSING: Visit www.louisville.com for other hotel information
Approximately Five miles from Center City. Near Bardstown or Newburg Roads

ORDER OF EVENTS:
All Events Are Timed Finals

Saturday, July 31, 2010

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

- 1 1500 M Freestyle
 - 2 800 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 1, 2010

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.

STREET PARKING ONLY, NO PARKING ON LAKESIDE CLUB PROPERTY



THE 34th ANNUAL LAKESIDE MASTERS INVITATIONAL

July 31-August 1, 2010

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, July 31, 2010

	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 1, 2010

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 25th, 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 by Friday, July 23th

Extra T-Shirts _____

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 _____