

# SWIMFEST

HOSTED BY PADUCAH SWIM TEAM

January 29-31, 2021

Age Group and Senior Open – Short Course Yards (SCY)

SANCTION NUMBER #KY21-PST01

**Date:** January 29-31, 2021

**Location:** The Paducah Athletic Club, 115 Lebanon Church Rd, Paducah, KY 42003

**Facility:** The competition pool is an eight (8) lane, 25-yard pool. Pool depth at start end measures 5'6" and depth at turn end measures 4'. An additional therapy pool will be available for warm up and cool down. Daktronics timing system and 6-line scoreboard.

Three (3) changing rooms and Men's and Women's restrooms are located on the deck. Men's and Women's locker rooms are located off the pool deck but will not be accessible to parents and spectators during the meet.

**Meet Director:** Sara Stephens [slstephens@comcast.net](mailto:slstephens@comcast.net) 270-564-9799

**Entry Chair:** Jordan Wessels [jordan.wessels@outlook.com](mailto:jordan.wessels@outlook.com) 319-290-8305

**Officials Chair:** Linda Abner [little.abner\\_1972@yahoo.com](mailto:little.abner_1972@yahoo.com) 270-210-4368

**Safety Director:** Kevin Stephens [kevinstephens42@comcast.net](mailto:kevinstephens42@comcast.net) 270-564-9797

**Conduct:** The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations

**COVID-19:** **Masks must be worn while inside the venue.**

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

<b>Time:</b>	<b>Session</b>	<b>Format</b>	<b>Warmups*</b>	<b>Competition</b>
	1: Friday Evening	Timed Finals	5:00 PM	6:00 PM
	2: Saturday Morning	13&O Prelims	7:00 AM	8:00 AM
	3: Saturday Afternoon	12&U Timed Finals	12:00 PM**	1:00 PM**
	4: Saturday Evening	13&O Finals	5:00 PM**	6:00 PM**
	5: Sunday Morning	13&O Timed Finals	7:00 AM	8:00 AM
	6: Sunday Afternoon	12&U Timed Finals	12:00 PM**	1:00 PM**

\*Split warmups may be implemented at meet director's discretion. Teams will be notified on 1/26.

\*\*will not start before this time

- Coaches:** Only currently registered USA Swimming coach members will be permitted on deck in designated areas. Each coach must sign in at the head table to verify that all certifications are current and on file. Deck Pass is acceptable proof of membership.
- There will be a coach's meeting thirty (45) minutes prior to the start of session 1 competition. Additional meetings will be held if needed.
- Officials:** Anyone that is a USA Swimming certified official is welcome and encouraged to join the Kentucky Swimming officials in officiating this meet. Please contact the meet director or officials chair in advance of the meet if possible, to let either know of your availability. The meet director's and official's chair contact information are listed above. We are also looking for anyone that is interested in becoming an official, for more information please contact the Official's Chair, available on the KYLSC website.
- All meet directors, referees, starters, and stroke and turn judges, serving in an official capacity must be members of USA Swimming or other FINA-member organization. Except for coaches accompanying athletes participating under the provisions of 202.6 or USA Swimming's "open border" policy, all persons acting in any coaching capacity must be members of USA Swimming
- Hospitality:** Coaches and officials' hospitality will be provided at the meet.
- Athletes:**
1. Swimmers must be current athlete members of USA Swimming as provided in Article 302 or as provided under 202.6 or USA Swimming "open border" policy.
  2. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Parents:** Due to COVID-19, there will be no spectator seating at the meet. Instead, parents will be allowed into the venue before their athlete's event to watch before exiting the venue. The meet will be live streamed as well.
- Concessions:** Concessions will be available during the meet.
- Protection Policy:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.
- Entries:**
1. Age is as of the first day of the meet, 1/29/2021.
  2. 12&U swimmers may enter up to four (4) individual entries per day
  3. 13&O swimmers may enter up to three (3) individual entries per day
  4. Relays do not count against entry limits
  5. Seed times must be entered for all events and in short course yards (SCY). If the swimmer has no official time coaches should enter a seed time that best reflects the ability of the swimmer.
  6. All entries **MUST BE RECEIVED ELECTRONICALLY** (Hy-Tek/SDIF) to the Entry Chair ([jordan.wessels@outlook.com](mailto:jordan.wessels@outlook.com))
  7. A signed waiver form and a check of all fees must be hand delivered at check in. **DO NOT MAIL CHECKS.** Check should be made payable to Paducah Swim Team.
- Entry Fees:**
- |                       |          |
|-----------------------|----------|
| Individual Events     | \$6.00   |
| Relays                | \$16.00  |
| Per Swimmer Surcharge | \$17.50* |
- \*This includes the KYLSC fee, program fee, and facility fee)  
Make checks payable to Paducah Swim Team
- Entry Deadline:**
1. Electronic entries will be accepted starting at 1:00 PM (CDT) on Monday, January 4<sup>th</sup>, 2021
  2. Entries will not be accepted by phone, fax, or snail mail
  3. Entries will be confirmed via email
  4. Electronic entries due no later than 11:59 PM (CDT) on Sunday, January 24<sup>th</sup>, 2021
  5. Entries become confirmed at that time and each team is responsible for their fees.
  6. Changes or scratches after the deadline and prior to the meet do not relieve a team of the responsibility to pay for confirmed entries
  7. Event changes will be allowed if space permits

- Late Entries:**
1. Any entries received and accepted after the deadline will be considered late.
  2. Late entries will need to be received by 12:00 PM (CDT) Friday, January 29<sup>th</sup> by email to the entry chair to be seeded into the program.
  3. Late entries after the deadline will be accepted in person at the meet only if an empty lane is available.
  4. Late entry fees are \$12 per individual event and \$32 per relay.
  5. Swimmers not already in the meet will be required to pay the swimmer surcharge and show proof of USA athlete membership

- Swimmers with a Disability:** Entries for swimmers with a disability should be handled in the following manner:
1. Enter the swimmer in the Hy-Tek database
  2. List in the email accompanying the Hy-Tek entry file the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the way s/he prefers to be seeded (with a longer distance or with a different age group)
  3. Provide any information about special accommodations needed by the swimmer.
  4. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

- Warmups:**
1. Coaches must maintain contact with their swimmers during warmup.
  2. All entry into the pool for warmup is feet first.
  3. There is no diving during warmup except in designated lanes.
  4. The pool will be cleared ten (10) minutes prior to competition.

- Meet Operation:**
1. Session 1 events will be pre-seeded except the 500 free, 400 IM, and 1650 free which require positive check in
  2. Sessions 2 and 5 events will be deck seeded following the scratch deadline (see Scratches)
  3. Sessions 3 and 6 events will be pre-seeded
  4. Positive check in is required for the 400 IM, 500 free, 1000 free, and 1650 free 45 minutes before competition start at the head table
  5. To facilitate meet operations, events will be combined and separated later for results and scoring as follows:
    - a. 12&U and 9-12 timed final events will be multi-age group events and will be split into 8&U, 9-10, and 11-12 age group for awards.
    - b. All prelim events will be multi-age group events and will split into 13-14 and Open for awards/finals.
    - c. Swimmers who wish to compete in open events that are 14&U must inform the entry chair
    - d. All events may be combined women/men if necessary
    - e. The host team reserves the right to swim 2 per lane in the 1650 if necessary.
    - f. Other combinations may be made at the discretion of the meet director.
  6. Except for the 50 free, the top 8 swimmers in prelim events will qualify for the Championship (A) Final and the next 8 swimmers will qualify for the Consolation (B) Final.
  7. For the Open 50 free, the top 8 swimmers will be swum as a "dueling 50" (see below). The next 8 will swim the Consolation (B) Final and the next 8 will swim in the Bonus (C) final.
  8. For the 500 free, prelims will be swum fastest to slowest, alternating girl/boy. Only the top 8 men/women in the 13-14 and Open will advance to the evening finals
  9. Swimmers in the 1000 and 1650 are requested to provide their own timers
  10. 25 yard events will begin at the turn end of the pool from the edge of the deck.

**Marquee Events: Triple Crown**

Must swim in the 50 fly, 50 back, and 50 breast. Lowest combined time is the winner.  
Awards for 1<sup>st</sup> and 2<sup>nd</sup> place by age group and gender.

**Dueling 50**

a. The "Dueling 50" will be swum as follows (the lower seed swims in lane 4):

<u>Quarterfinals</u>	<u>Semifinals</u>	<u>Final</u>
1 <sup>st</sup> seed vs 8 <sup>th</sup> seed	1 or 8 vs 4 or 5	the two (2) semifinal winners
2 <sup>nd</sup> seed vs 7 <sup>th</sup> seed	2 or 7 vs 3 or 6	
3 <sup>rd</sup> seed vs 6 <sup>th</sup> seed		
4 <sup>th</sup> seed vs 5 <sup>th</sup> seed		

**Iron Wolf**

Must swim the 400 IM, 500 free, and 1000 free. Lowest combined time is the winner.  
Awards for 1<sup>st</sup> and 2<sup>nd</sup> place by age group and gender.

- Positive Check In:** Swimmers who do not check in by the deadline will be scratched and only allowed to reenter if there are empty lanes available.
- Scratches:** The following are the scratch deadlines:
- | <u>Session</u>               | <u>Scratch Deadline</u> |
|------------------------------|-------------------------|
| Session 2 – Saturday morning | 6:00pm on Friday        |
| Session 5 – Sunday morning   | 6:00pm on Saturday      |
- Programs:** Programs will NOT be on sale at the meet. Programs will be available on the PST website instead.
- Awards:** No meet scoring. 12&U will receive ribbons for 1<sup>st</sup> through 8<sup>th</sup> place.
- Results:** Electronic results will be provided to all teams participating in the meet. Results will also be posted on the KYLSC website.
- Unsupervised Swimmers:** USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warmup, competition, and warm-down. Swimmers participating under the provisions of 202.6 or USA Swimming’s “open border” policy must be under the supervision of their coach or a USA Swimming member coach. Coaches who are entering swimmers but will not be at the meet should arrange ahead of time for another coach to supervise their athletes. Swimmers unaccompanied by their coaches or for whom arrangements have not been made must contact the Meet Director or Meet Referee who will assist the athlete in finding coach supervision.
- Deck Changing:** Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Recording Devices:** The use of audio and/or video recording devices, including cell phones, are not permitted in changing areas, restrooms, or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in designated areas is prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.
- Drugs:** The use of any alcohol, tobacco products, or drugs is not permitted anywhere in the swimming venue.
- Parking:** Parking is permitted in the gravel lot on the north and west side of the Paducah Athletic Club. There is no parking allowed on the asphalt lot.

Friday Evening Timed Finals - Session 1		
Warmup: 5:00 PM		
Competition: 6:00 PM		
Girls	Event	Boys
1	13&Over 50 Fly*	2
3	9-12 400 IM	4
5	13&Over 400 IM**	6
7	13&Over 50 Back*	8
9	9-12 500 Free	10
11	13&Over 50 Breast*	12
13	13&Over 200 Medley Relay	14
15	13&Over 1650 Free	16

Saturday Morning Prelims - Session 2		
Warmup: 7:00 AM		
Competition: 8:00 AM		
Girls	Event	Boys
17	13&Over 50 Free***	18
19	13&Over 200 Breast	20
21	13&Over 200 Fly	22
23	13&Over 100 Back	24
25	13&Over 200 IM	26
27	13&Over 200 Free Relay	28
29	13&Over 500 Free**	30

Saturday Afternoon Timed Finals - Session 3		
Warmup: 12:30 PM		
Competition: 1:30 PM		
Girls	Event	Boys
31	8&U 25 Free	32
33	10&U 50 Free	34
35	11-12 50 Free	36
37	8&U 50 Fly	38
39	10&U 100 Fly	40
41	11-12 100 Fly	42
43	8&U 25 Breast	44
45	10&U 50 Breast	46
47	11-12 50 Breast	48
49	8&U 50 Back	50
51	10&U 100 Back	52
53	11-12 100 Back	54
55	8&U 100 Free	56
57	9-12 200 Free	58
59	10&U 200 Free Relay	60
61	11-12 200 Free Relay	62

* Triple Crown Events
**Iron Wolf Events
***Dueling 50

Saturday Evening Finals - Session 4		
Warmup: 5:30 PM		
Competition: 6:30 PM		
Girls	Event	Boys
17	Dueling 50 Quarterfinal***	18
17	13-14 50 Free	18
17	Open 50 Free	18
19	13-14 200 Breast	20
19	Open 200 Breast	20
17	Dueling 50 Semifinal***	18
21	13-14 200 Fly	22
21	Open 200 Fly	22
17	Dueling 50 Final***	18
23	13-14 100 Back	24
23	Open 100 Back	24
25	13-14 200 IM	26
25	Open 200 IM	26
29	13-14 500 Free**	30
29	Open 500 Free**	30

Sunday Morning Timed Finals - Session 5		
Warmup: 7:00 AM		
Competition: 8:00 PM		
Girls	Event	Boys
63	13&Over 200 Free	64
65	13&Over 100 Fly	66
67	13&Over 200 Back	68
69	13&Over 100 Breast	70
71	13&Over 100 Free	72
73	13&Over 1000**	74
75	13&Over 400 Free Relay	76

Sunday Afternoon Timed Finals - Session 6		
Warmup: 12:30 PM		
Competition: 1:30 PM		
Girls	Event	Boys
77	8&U 50 Free	78
79	10&U 100 Free	80
81	11-12 100 Free	82
83	8&U 25 Fly	84
85	10&U 50 Fly	86
87	11-12 50 Fly	88
89	8&U 50 Breast	90
91	10&U 100 Breast	92
93	11-12 100 Breast	94
95	8&U 25 Back	96
97	10&U 50 Back	98
99	11-12 50 Back	100
101	10&U 100 IM	102
103	11-12 200 IM	104
105	10&U 200 Medley Relay	106
107	11-12 200 Medley Relay	108

**ENTRY / WAIVER FORM**

**THIS PAGE MUST BE COMPLETED AND RETURNED BY THE STATED DEADLINE FOR THE TEAM'S ENTRY TO BE ACCEPTED.**

WAIVER: I / we hereby, for myself / ourselves, my / our heirs, administrators, assignees, and swimmers waive and release from any and all liabilities and claims against USA Swimming, Inc., Kentucky Swimming, Inc., the Paducah Athletic Club and staff, and the Paducah Swim Team for injuries and / or expenses incurred by me / us at the meet and / or while traveling to and from the meet. *I VERIFY THAT EVERY SWIMMER LISTED ON THE ENCLOSED ENTRY FORM IS A CURRENT REGISTERED ATHLETE MEMBER OF USA SWIMMING AND THAT EVERY COACH REPRESENTING OUR TEAM AT THIS MEET WILL BE A CURRENT COACH MEMBER OF USA SWIMMING.*

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND KENTUCKY SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**SIGNATURE** \_\_\_\_\_ **TITLE** \_\_\_\_\_

**TEAM** \_\_\_\_\_ **CLUB CODE** \_\_\_\_\_

**PHONE** \_\_\_\_\_

**TEAM ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP CODE** \_\_\_\_\_

**ENTRY SUMMARY**

_____ Individual Entries x \$6.00	=	\$ _____
_____ Relay Entries x \$16.00	=	\$ _____
_____ Swimmers Entered x \$17.50	=	\$ _____
<b>TOTAL</b>	<b>=</b>	<b>\$ _____</b>

**No entrant will permitted to compete unless the entrant is a member as provided in Article 302**

**Held under the sanction of USA Swimming**