



**Lakeside Masters Long Course Mini-Meet**  
**Sunday, July 20, 2025**

SANCTIONED BY THE KENTUCKY LMSC FOR UNITED STATES MASTERS SWIMMING, INC  
 SANCTION NUMBER XXX-XXXX

- EVENTS:**
- |                 |   |
|-----------------|---|
| <u>Event #1</u> | 800-meter freestyle relay (Men's, Women's, Mixed) |
| <u>Event #2</u> | 100-meter breaststroke                            |
| <u>Event #3</u> | 50-meter freestyle                                |
| <u>Event #4</u> | 200-meter individual medley                       |
| <u>Event #5</u> | 100-meter backstroke                              |
| <u>Event #6</u> | 50-meter butterfly                                |
| <u>Event #7</u> | 400-meter freestyle relay (Men's, Women's, Mixed) |
| <u>Event #8</u> | 400-meter medley relay (Men's, Women's, Mixed)    |

**SPONSORED BY:** Lakeside Masters Swim Team

**LOCATION:** Lakeside Swim Club, 2010 Trevilian Way, Louisville, KY 40205-2142  
 502.454.4585, [www.lakesideswim.com](http://www.lakesideswim.com)

**POOL:** 10-lane, 50-meter competition pool & 4-lane, 25-yard warm-up/cool-down pools with non-turbulent lane dividers and open "lake" area in diving well. The primary timing system will be fully automatic (Colorado Timing Systems). Eligible times can be submitted for world records, USMS records, and USMS Top Ten consideration. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**SCHEDULE:** Doors open: 7:00 a.m.  
 Competition pool warm-ups: 7:15 - 7:55 a.m.  
 Meet start: 8:00 a.m.

- Event #1: 800-meter freestyle relay
- 5-minute break
- Events #2-6
- 5-minute break
- Events #7-8

Meet conclusion: 10:50 a.m. or earlier

- BREAKS:** Additional breaks may be taken in between events, at the discretion of the Meet Referee, in order to allow athletes to rest in between events.
- ENTRY FEES:**
- entries received before 12:00 p.m. 7/19/25 - \$20 per swimmer
    - online payment via Club Assistant
  - entries received after 12:00 p.m. 7/19/25 (deck entries) - \$30 per swimmer
    - Cash or check only. Make checks payable to: Lakeside Masters
- ELIGIBILITY:** All swimmers must have an active registration with U. S. Masters Swimming at the time of registration. No exceptions. Each swimmer is responsible for their proof of USMS registration and may be required to show it upon request.  
**SWIMMERS MUST VERIFY THEIR USMS MEMBERSHIP DURING ONLINE & DECK REGISTRATION.** Deck entry forms should display your name and USMS number as it appears on your registration records with USMS. All swimmers shall represent their USMS Club and not their Workout Group.
- AGE** The age reported on your entry form must reflect your actual age as registered with USMS. A swimmer's age on December 31, 2025, determines their age for this meet.
- MEET ENTRY:** Online entry via Club Assistant is available here:  
  
[\[link\]](#)  
  
Online entries will be accepted until **Saturday, July 19 at 12:00 p.m. ET.**  
  
**Contact the meet director for technical assistance with online entries.**
- MEET ENTRY DEADLINE & DECK ENTRIES:** The meet entry deadline is **Saturday, July 19, 2025 at 12:00 p.m.** Deck entries for **all events** will be accepted until **Sunday, July 20, 2025 at 7:30 a.m.** provided there is room available. Any entry received after the entry deadline will be considered a deck entry and will be placed in the meet in the order it was received. There is a \$10 surcharge for all deck entries.
- RELAY ENTRY:** Relay teams may be entered as MEN, WOMEN, or MIXED. Teams of all types will be seeded together in the same heats and scored separately. A swimmer may not swim on both a mixed and a same-sex team in the same event. All relays will be deck seeded. Relay cards are available online [here](#) or can be picked up from the Clerk of Course table by a coach or USMS Club representative. Each card shall include each swimmer's info in order swum on the relay; first name, last name, meet age, and sex. The total age of the four relay team members shall determine the age group in which the relay competes. **Relay cards should be returned to the head table by no later than 7:40 a.m**  
There shall be no "exhibition" relay swims.
- RELAY CARD SUBMISSION:** **Relay cards for event #1 should be returned to the Administrative Referee no later than 7:30 a.m. Relay cards for events #7 and #8 should be returned to the Administrative Referee no later than the conclusion of event #4.**

<b>PARTICIPANT WAIVER</b>	All participants must sign and date the PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT.
<b>SEEDING &amp; LANE ASSIGNMENTS:</b>	The meet will be seeded by the pre-entered seed time of each swimmer or relay with the <b><u>SLOWEST HEATS FIRST</u></b> . Proof of time may be requested. A seed time of no time (NT) will be seeded in the slower heats. Swimmers will be seeded according to time, regardless of age/gender. <b><u>Final heat and lane assignments will be posted by 7:55 a.m.</u></b> at the venue on the day of the meet. Swimmers are responsible for reporting to the blocks when their heat is called.
<b>MAXIMUM ENTRIES:</b>	All swimmers are eligible to swim a maximum of 5 individual events for the entire meet, plus relays.
<b>EVENT ENTRY LIMITS:</b>	<b><u>RELAY EVENTS #1, #7, AND #8 ARE LIMITED TO THE FIRST 20 ENTRIES.</u></b>  <b><u>INDIVIDUAL EVENTS #2-6 WILL BE LIMITED TO THE FIRST 50 ENTRIES.</u></b>
<b>SPLIT REQUESTS:</b>	Swims that meet the requirements of USMS Rule 105.2.2, lead-off splits for relays will be submitted to USMS for all lead-off swimmers.  Final results will indicate splits for all swims (excluding pad malfunctions). Splits will be recorded for all swimmers and submitted for records and Top 10 consideration, for initial distances of: <ul style="list-style-type: none"> <li>- 800-meter freestyle relay <ul style="list-style-type: none"> <li>- initial distance - 100 and 200 meter freestyle</li> </ul> </li> <li>- 400-meter freestyle relay <ul style="list-style-type: none"> <li>- initial distance - 100 meter freestyle</li> </ul> </li> <li>- 400-meter medley relay <ul style="list-style-type: none"> <li>- initial distance - 100 meter backstroke</li> </ul> </li> </ul> <p>Therefore, swimmers need not submit split requests for the events listed in this paragraph. Split requests are required for initial distance(s) of an individual backstroke event. The swimmer is responsible for picking up the Split Notification Form from the administrative official, filling it out, and presenting it to the administrative official prior to the swim. Automatic split times will be submitted for USMS Top 10, however automatic split times from individual events will not automatically appear in the USMS event results database.</p> <p>Initial distance split requests of 50m distance will not be considered for Top 10 or records in accordance with 103.18.5.</p>
<b>CHECK-IN:</b>	All swimmers shall check in at the front gate of the club upon arrival at the facility. Swimmers who deck enter shall be required to have the complete entry form filled out and signed before they enter the pool for warm-up.
<b>WARM-UP PROCEDURE:</b>	Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in lanes 9 and 10 from 7:40 until 7:55 a.m. No diving in the 25-yard warm-up pool.

**PROTESTS:** Any protest concerning, eligibility, entries, seeding, or final results will be addressed to the meet director or referee. The protest shall be made by the team representative only. (USMS rules 102.14).

**RESULTS:** Results will be emailed to participants and posted online at: [kylmsc.org/results](http://kylmsc.org/results) and [lakesideswim.com/teams/masters-swim-team](http://lakesideswim.com/teams/masters-swim-team) following the meet.

**FACILITY RESTRICTIONS:** Lakeside is a smoke and tobacco-free facility. Alcoholic beverages, glass containers and cans are prohibited. Lakeside is closed to its members and guests for the duration of this meet. Non-club members must depart the facility at the completion of the swim meet. Spectators are welcome.

**PARKING:** Parking is restricted to street parking only.

**MEET DIRECTOR:** **WILLIAM KOLB**  
2010 TREVILIAN WAY  
LOUISVILLE, KY 40205  
w. 502-454-4585 x 231  
e. [wkolb@lakesideswim.com](mailto:wkolb@lakesideswim.com)

**MEET REFEREE:** **MARY GRAVES**  
2010 TREVILIAN WAY  
LOUISVILLE, KY 40205  
w. 502.454.4585 x 225  
e. [mtgraves@lakesideswim.com](mailto:mtgraves@lakesideswim.com)



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Mini-Meet  
Sunday, July 20, 2025**

**DECK ENTRY FORM ONLY --  
PLEASE PRINT**

**NAME:** \_\_\_\_\_ **USMS #:** \_\_\_\_\_  
*(Please print this info as it appears on your USMS registration)*

**DATE OF BIRTH:** \_\_\_\_\_ **AGE ON 12/31/25:** \_\_\_\_\_

**CLUB:** \_\_\_\_\_  
*(All swimmers shall represent their USMS Club and not their Workout Group)*

**ADDRESS:** \_\_\_\_\_

**CITY/STATE/ZIP:** \_\_\_\_\_

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

**EMAIL:** \_\_\_\_\_

**EMERGENCY CONTACT:** \_\_\_\_\_

**RELATION:** \_\_\_\_\_

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

**EVENTS**

#1 -- 800-meter freestyle relay  
circle one: mixed men's women's any

#2 -- 100-meter breaststroke

#3 -- 50-meter freestyle

#4 -- 200-meter IM

#5 -- 100-meter backstroke

#6 --50-meter butterfly

#7 --400-meter freestyle relay  
circle one: mixed men's women's any

#8 -- 400-meter medley relay  
circle one: mixed men's women's any

**FEES**

- \$20 per swimmer
- \$30 per swimmer for deck entries

Cash/check only.  
Make checks payable to: **Lakeside Masters**