

KETTERING CITY SWIM TEAM

John Lunsford Memorial Classic

November 3-5, 2017

***HELD UNDER THE SANCTION OF USA SWIMMING, INC. AND OHIO SWIMMING, INC.
SANCTION # OH-18SC-34***

MEET INFORMATION																			
HOST:	Kettering City Swim Team www.kcstcobras.org																		
LOCATION:	Kettering Recreation Complex 2900 Glengarry Drive Kettering, OH 45420 <i>See directions and map on attached pages.</i>																		
ENTRY DEADLINE:	Completed entries forms must be received by the Entry Chairman no later than 10 PM, Sunday, October 22, 2017 . Early submittals would be appreciated. All entries must be submitted with the check for entry fees payable to KCST .																		
ENTRY FEES:	<table><tbody><tr><td>INDIVIDUAL EVENTS</td><td></td><td>\$5.00 per event</td></tr><tr><td>RELAYS</td><td></td><td>\$8.00 per event</td></tr><tr><td>DECK ENTRIES</td><td>Individual</td><td>\$10.00 per event</td></tr><tr><td></td><td>Relays</td><td>\$16.00 per event</td></tr><tr><td>SURCHARGE</td><td></td><td>\$2.00 per swimmer</td></tr><tr><td></td><td>(Ohio Travel/Meet Location Funds)</td><td></td></tr></tbody></table> <p>Relay members should accompany your entry, but may be changed up to the start of the event. Relays must be made up of swimmers entered in the meet in individual events. If entering more than one relay team in an event, please indicate by "Team A", "Team B" etc.</p>	INDIVIDUAL EVENTS		\$5.00 per event	RELAYS		\$8.00 per event	DECK ENTRIES	Individual	\$10.00 per event		Relays	\$16.00 per event	SURCHARGE		\$2.00 per swimmer		(Ohio Travel/Meet Location Funds)	
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FACILITY:	The pool is 8 lanes wide with a Colorado timing system and scoreboard. There is adequate spectator viewing. The pool area is covered by retractable roof with permanent sidewalls. Free parking available in two large lots adjacent to the facility. Spacious locker rooms and showers also available. The competition course has not been certified in accordance with 104.2.2C(4). The pool depth the start wall is 10 feet and at the turn end the depth is 4 feet.																		

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FORMAT:	<p>Five Sessions (Friday evening, Saturday and Sunday mornings and afternoons) with <i>all events as timed finals</i>. 1st sessions (Morning) are for 10-under with age groupings of 6-under, 7, 8, 9 & 10. 2nd Session (afternoon) age groups are for 11-12 & 13-open.</p> <p>The 500 Freestyle will be swum as 11 and over, fastest to slowest, for both girls and boys, but will be scored in Age Group format. Swimmers must provide their own counters.</p> <p>The Open 1650 will also be swum fastest to slowest and will alternate between girls and boys heats and will be scored in Age Group format. Swimmers must provide their own counters and timers.</p> <p>THIS MEET WILL BE LIMITED TO THE FIRST 600 SWIMMERS. KCST reserves the right to limit the number of entries for any given event to ensure compliance with Ohio Swimming session time limitations. See enclosed sheet for maps and directions.</p> <p>The Meet Referee may choose to combine events and heats at their discretion in order to fill lanes.</p> <p>The Meet Referee & Meet Director may choose to use Fly over starts to improve the time line.</p>
ELIGIBILITY:	Age as of the first day of the Meet (Friday, November 3, 2017) will determine eligibility for age group events. Current USA Swimming registration #s must accompany each entry. 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.

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RULES:	<p>Current USA Swimming rules will govern this meet. Swimmers may enter and compete in 5 events per day, excluding relays. 13 – Open events will be swum as combined 13-14 and Open events. Age Group swimmers may swim OPEN events but the meet management is not responsible for lack of recovery time before the next Age Group event. Also 8 & Under may swim events listed as 10 & Under but the meet management is not responsible for lack of recovery time before their next Age Group event.</p> <p>The meet will be conducted under the rules of United States Swimming (USA-A) and Ohio Swimming. All participating swimmers, officials and coaches on deck must be current members in good standing of USA-A. There will be no USA-S registration at the meet. All coaches and officials must present proof of current USA Swimming membership when checking in for each session.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Under no circumstances are cameras or any other recording device allowed in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during the competition and warm-up. Please refer to the Safe Sport section of the Ohio Swimming, Inc. policies and procedures for further information regarding the use of visual recording devices.</p> <p>Deck changes are prohibited.</p>
CHECK-IN:	<p>Positive Check-in <u>WILL BE REQUIRED</u> for all events that are 500 yards or greater, (500 Freestyle & 1650 Freestyle). All other events will be pre-seeded. Meet Management reserves the right to combine heats to fill empty lanes.</p> <p>POSITIVE CHECK IN CLOSES 30 MINUTES BEFORE THE START OF THE FRIDAY NIGHT SESSION FOR THE 500 FREE AND AT 2PM ON SATURDAY FOR THE 1650 FREESTYLE.</p>
CLERK OF COURSE:	<p>There will be a clerk of course for 8 & Under swimmers only. Swimmers 8 & under must report to the “Bullpen” when their event is called.</p>
DECK ENTRY:	<p>Deck entries will be accepted to fill open lanes in existing heats. No additional heats will be added to facilitate deck entries.</p> <p><u>DECK ENTRIES CLOSE 45 MINUTES BEFORE THE START OF THE SESSION.</u></p> <p>Deck entries will not be in the heat sheets or coaches heat sheets, SWIMMERS MUST INFORM COACH OF HEAT AND LANE ASSIGNMENTS.</p>

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AWARDS:	<p>Events will be awarded 1st through 8th place according to times. Awards will be given for all relays 1st through 3rd place.</p> <p>HEAT WINNER suckers will be given for all 12 and under events.</p> <p>13-14 swimmers will be swimming in many 13-Open events. These events will be awarded as 13-14 and Open, with each Age Group receiving awards.</p> <p>The 500 & 1650 Freestyle will be awarded as 11-12, 13-14, and Open.</p>
MEET CONDUCT:	<p>We ask all Coaches to please discuss proper meet behavior with their athletes and instruct all persons to treat this facility with care.</p>
MEET DIRECTOR:	<p>Margaux Frazee 937-603-9506 Mfrazee0320@gmail.com</p>
ENTRY CHAIRMAN:	<p>Mail completed entries to: David C. Back 2372 Whitlock Place Kettering, OH 45420 Swimdavidc@woh.rr.com</p>
EMAIL ENTRIES:	<p>Preferred team entry submittal is via e-mail to Swimdavidc@woh.rr.com by the entry deadline. Please include a copy of the TM Entry Report (MS Word or HTML format) with your email entry. Entry fees must still be received by entry deadline, with all other required forms and signatures.</p>
ENTRY FORM REQUIREMENTS:	<p><i>Please make sure your entry includes the following:</i></p> <ol style="list-style-type: none">1. Team Summary Sheet (signed by USA Swimming team Rep.)2. Release And Hold Harmless Agreement3. Check or Money Order for Fees-payable to KCST
WARM-UP & STARTING TIMES:	<p>See Event List. Warm-up times and meet start times for the afternoon sessions will be announced after all entries are received and will be posted to the KCST web site NLT 10 PM Sunday, October 29, 2017.</p>

KETTERING CITY SWIM TEAM

John Lunsford Memorial Classic

November 4-6, 2016

HELD UNDER THE SANCTION OF USA SWIMMING, INC. AND OHIO SWIMMING, INC.

SANCTION # OH-17SC-32

WARMUP PROCEDURES	<p>Controlled, supervised warm-up sessions will be utilized prior to the start of each session.</p> <p>All swimmers will enter the water in accordance with USA Swimming, one hand on deck feet first entry.</p> <p>Teams will be assigned lanes prior to warm-up. Some teams may have to share lanes.</p> <p>Lanes will be controlled by the team(s) in that lane. If teams are sharing a lane it is up to the coaches in that lane to work out general warm-up and sprint times.</p> <p>Sprints will be open only when the lane has been cleared by the team(s) in the lane. Sprints will be one way. After each sprint the swimmer will be required to exit the pool and walk around. No paddles, pull-buoys, kick boards or any other equipment may be used during warm-ups.</p>
GENERAL:	<p>Swimmers with a disability are welcome to enter this meet. At the time of entry, the coach or person entering the swimmer must alert the Meet Director, the Ohio Adapted Chair (see attached OSI Officer List), and Meet Referee regarding the nature of the swimmer's disability, the swimmer's classification (if classified) and special accommodations or seeding arrangements being requested.</p> <p>For Safety reasons KCST requests no personal camp style chairs be used behind the glass.</p> <p>To maximize spectator seating on the pool deck KCST requests that swimmers put their bags against the wall and refrain from putting them in the stands.</p> <p>Unless approved in writing in advance of the competition by the Vice President of Program Operations, 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.</p> <p>It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>
SWIM SHOP:	<p>Swimville will be on site starting with the Saturday a.m. session and will provide a full service of swimming supplies.</p>
REFRESHMENTS:	<p>A SNACK BAR will be open for all sessions. KCST will sponsor a concession stand featuring drinks and snacks.</p>
PARKING:	<p>Parking is only available in front of the water park entrance area and out towards the School. There will be no parking next to the Recreation Complex and the Senior Center. This lot will be marked as Senior Center parking only.</p>

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MEET OFFICIALS:	The Kettering City Swim Team will need the help of your USA Swimming Officials. Please provide the names of your officials on the entry summary form. Meet Referee is Doug Speelman (Douglas.e.speelman@BWIGroup.com)
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KETTERING CITY SWIM TEAM JOHN LUNSFORD MEMORIAL

CLASSIC November 3-5, 2017

SANCTION # OH-18SC-34

Friday, Nov. 3 P.M.
Warm Up: 5:00 - 6:00 p.m. Start: 6:10 p.m

Girls	Age	Event	Boys
101	Open	400 Y Ind. Med.	102
103	11-12	200 Y Ind. Med.	104
105	8 - Under	100 Y Ind. Med.	106
107	10 - Under	200 Y Ind. Med.	108
109	11 & Over	500 Y Freestyle	110

Saturday, Nov 4 A.M.
Warm Up: 7:00am – 8:00 am. Start: 8:10 am

Girls	10 & Under Only		Boys
201	10 - Under	200 Y Med. Relay	202
203	8 - Under	100 Y Med. Relay	204
205	10	50 Y Butterfly	206
207	9	50 Y Butterfly	208
209	8	50 Y Butterfly	210
211	7	25 Y Butterfly	212
213	6 - Under	25 Y Butterfly	214
215	10	50 Y Freestyle	216
217	9	50 Y Freestyle	218
219	8	50 Y Freestyle	220
221	7	25 Y Freestyle	222
223	6 - Under	25 Y Freestyle	224
225	10	100 Y Ind. Medley	226
227	9	100 Y Ind. Medley	228
229	8 - Under	100 Y Freestyle	230
231	10	100 Y Freestyle	232
233	9	100 Y Freestyle	234

Saturday, Nov. 4 P.M.
Warm Up: 12:30 – 1:30 p.m. Start: 1:40 p.m. *(Tentative)*

Girls	11 – Open		Boys
235	Open	200 Y Medley Relay	236
237	13 - 14	200 Y Medley Relay	238
239	11 - 12	200 Y Medley Relay	240
241	13 - Open	100 Y Backstroke	242
243	11 - 12	50 Y Backstroke	244
245	13 - Open	50 Y Butterfly	246
247	11 - 12	100 Y Butterfly	248
249	13 - Open	50 Y Freestyle	250
251	11 - 12	100 Y Ind. Medley	252
253	13 - Open	100 Y Breaststroke	254
255	11 - 12	50 Y Breaststroke	256
257	13 - Open	200 Y Freestyle	258
259	11 - 12	100 Y Freestyle	260

Saturday, Nov. 4 P.M. MILE
Warm Up: conclusion of PM session for 15 minutes Start immediately after warm up *(Tentative)*

Girls	Open		Boys
261	Open	1650 Freestyle	262

Sunday, Nov. 5 A.M.
Warm Up: 7:00 – 8:00 a.m. Start: 8:10 a.m.

Girls	10 & Under Only		Boys
301	10 - Under	200 Y Free Relay	302
303	8 - Under	100 Y Free Relay	304
305	10	50 Y Backstroke	306
307	9	50 Y Backstroke	308
309	8	50 Y Backstroke	310
311	7	25 Y Backstroke	312
313	6 - Under	25 Y Backstroke	314
315	10	50 Y Breaststroke	316
317	9	50 Y Breaststroke	318
319	8	50 Y Breaststroke	320
321	7	25 Y Breaststroke	322
323	6 - Under	25 Y Breaststroke	324
325	10	200 Y Freestyle	326
327	9	200 Y Freestyle	328
329	8 - Under	200 Y Freestyle	330

Sunday, Nov. 5 P.M.
Warm Up: 12:30pm. – 1:30 p.m. Start: 1:40 p.m.
(Tentative)

Girls	11 – Open		Boys
331	Open	200 Y Free Relay	332
333	13 - 14	200 Y Free Relay	334
335	11-12	200 Y Free Relay	336
337	13 - Open	50 Y Backstroke	338
339	11-12	100 Y Backstroke	340
341	13 - Open	100 Y Butterfly	342
343	11-12	50 Y Butterfly	344
345	13 - Open	50 Y breaststroke	346
347	11-12	100 Y breaststroke	348
349	13 - Open	100 Y Freestyle	350
351	11-12	50 Y Freestyle	352
353	13 - Open	200 Y Ind. Medley	354
355	11-12	200 Y Freestyle	356

MEET NAME: John Lunsford Memorial Classic
LOCATION: Kettering Recreation Complex
DATE: November 3-5, 2017
SANCTION: # *OH-18SC-34*

RELEASE AND HOLD HARMLESS AGREEMENT

In consideration of being permitted to participate in this swim meet, and for other good and valuable, consideration, the undersigned, for himself, his successor, and assigns, hereby release and forever discharges Kettering City Swim Team and its officers and Board of Directors, USA Swimming, Kettering Parks and Recreation, and each of their respective officers, agents, employees, members, successors, and assigns, and all other persons in any way connected with this swim meet, from any and all liabilities, claims, demands, actions, costs, or causes of action of whatever kind or character arising out of or in connection with said event. Further, the undersigned shall indemnify and hold harmless Kettering City Swim Team, USA Swimming, and Kettering Parks and Recreation, and its officers, board members, trustees, agents, and employees and members of the foregoing and all other persons in any way connected with this event, for any and all losses, expenses, damages, demands and claims arising out of or in connection with any injury, including death, or alleged injury or damage to property sustained or alleged to have been sustained in connection with or to have arisen out of said event.

Executed this _____ day of _____, 2017

Signature of Club Official or Coach:

Team Name: _____

PLEASE RETURN THIS FORM WITH YOUR ENTRY FORMS

Kettering Recreational Complex

Driving Directions

2900 Glengarry Dr



Details: From Route 35 take 675 South. Take the Dorothy Lane/Indian Ripple Exit off of I-675. This exit is approximately 2 miles south of the US-35 and I-675 intersection. Go west off the exit ramp to County Lane Rd and E. Dorothy Lane intersection and turn left (heading south). You will then turn right (this is the first road you can go right) which is Glengarry Drive. This road will take you right to the Kettering Recreational Complex.

From I-75 take 675 north to Columbus. Take the Dorothy Lane/Indian Ripple Exit off of I-675. This exit is approximately 2 miles south of the US-35 and

I-675 intersection. Go west off the exit ramp to County Lane Rd and E. Dorothy Lane intersection and turn left (heading south). You will then turn right (this is the first road you can go right) which is Glengarry Drive. This road will take you right to the Kettering Recreational Complex.

