

Kentucky High School Athletic Association Region 3 Swimming and Diving Meet

Falling Springs Arts and Recreation Center
275 Beasley Drive
Versailles, KY 40383
February 10-11, 2012

MEET MANAGER Susan Carey, 200 Elm Street, Versailles KY 40383
H: 859-873-9929, susan.carey@woodford.kyschools.us

SWIM MEET REFEREE Kevin Scarborough, 917 Camargo Road, Louisville, KY 40207
H: 502-939-6608, scarborough.k@insightbb.com

DECK REFEREE Jay Grigsby, 208 Wickfield Drive, Louisville, KY 40245
H: 502-245-7558, jay.grigsby@live.com

DIVE MEET REFEREE Jamie Palumbo, 2708 Mountain Laurel Circle, Lexington, KY 40511
859-338-0900, jamestpalumbo@hotmail.com

OFFICIALS COORDINATOR Kevin Scarborough, 917 Camargo Road, Louisville, KY 40207
H: 502-939-6608, scarborough.k@insightbb.com

ENTRY CHAIR Terri Tonges, 840 Eagle Crest Drive, Versailles, KY 40383
H: 859-879-8406, tjtonges@windstream.net

SCHEDULE

FRIDAY – Optional Dive warm-up 8:00 – 9:15 a.m.
FRIDAY – Swim Warm-ups will begin at 10:00 a.m.
Meet will start at 12:30 p.m.

SATURDAY – Dive Warm-ups will begin at 8:00 a.m.
Dive Meet will begin at 9:30 a.m.

SATURDAY – Swim Warm-ups will begin at noon,
Swim meet will begin at 2:00 p.m.

ENTRY DEADLINE **Per KHSAA guidelines, Entries are to be submitted by 5:00 p.m. February 1, 2012.**

ENTRIES **Per KHSAA guidelines,** entries are required to be submitted electronically and be generated from Hy-Tek's (www-hy-tek.com) Team Manager, Team Manager Lite or Meet Manager. Athlete's full name and grade are to be included in the entry. *The grade is the numeric year in school (11, not JR). Please include this for all athletes.*

Divers must be included in the entries generated via Hy-Tek software and should be entered into events 9 or 10. A separate submission will be required to specify order of dives (see Entry Submission information below).

This meet is approved by the KYLSC as a US Observed Meet. All registered US swimmers in good standing with the KYLSC may have their times loaded into the National swims database. For swimmers who provide their US Swimmer Identification Number, **coaches are responsible** for submitting the ID number electronically with your TM Meet Entries. **The Entry Chair IS NOT responsible for entering this data for you, your swimmers, or club coaches.**

ENTRY SUBMISSION **Per KHSAA guidelines**, electronic entries must be in the entry chair's possession by 5:00 p.m. February 1, 2012. You must also generate a paper copy of your entries from Hy-Tek Team Manager that is to be **signed by the Principal of the school**. This signed paper copy must be in the entry chair's possession before the start of the meet on February 10, 2011.
For each Diver, an 11-dive form must be submitted by 8:00 p.m. February 6, 2012 to one of the following:

Susan Carey Fax 859-873-7731
 Susan Carey Email - susan.carey@woodford.kyschools.us

You may use forms obtained from the WCHS web site (<http://wchs.woodfordschools.org/swim/>), eDive forms, or NISCA dive forms

Dives may be changed up to one (1) hour before the diving meet begins without penalty.

ENTRY LIMITS TEAM – each team is limited to four (4) entries per individual event and one (1) entry per relay event. No more than two (2) alternates may be specified for each individual event.

INDIVIDUAL – each participating swimmer may be entered in a maximum of four (4) events, no more than two (2) of which may be individual events. **This limit applies even to Alternates.** Once a competitor swims in the preliminaries of an event, it counts as an event regardless of whether or not they make finals.

No Exhibition entries will be accepted.

ENTRY FEE A \$2.00 fee per participant will be due to the entry chair prior to the start of the meet on Friday. The fee will be based on the entries submitted by February 3, 2012.

TIME STANDARDS GIRLS 500 FR – 7:00.00
 BOYS 500 FR – 6:30.00
Please DO NOT submit NT entries or entries that exceed time limits for these events.

RULES The meet will be conducted in accordance with the current National Federation of State High School Associations and Kentucky High School Athletic Association Rules and Regulations, except where rules therein are optional and exceptions are herein stated.

SCORING Twelve place scoring shall be used for Regional Meets

Place	1	2	3	4	5	6	7	8	9	10	11	12
Points	16	13	12	11	10	9	7	5	4	3	2	1

AWARDS Medals will be awarded for individuals for places 1-3, ribbons will be awarded for places 4-6. Trophies will be awarded to the winner and runner-up boys' and girls' teams. Trophies will also be awarded to the top 2 combined teams.

Plaques will be awarded to nine (9) male and nine (9) female athletes selected for the All-Region team. All-Region team members will be the winners of each of the nine events for both male and female. In

situations where athletes win more than one event, additional positions become open for the All-Region team. Additional swimmers (to make up a total of 9 male and 9 female) will be selected based on highest NISCA points scored during the finals.

One male and one female will be recognized as the Region Swimmers of the Year. These will be awarded to the swimmers with the highest NISCA points scored during the finals.

One male and one female athlete will be recognized as recipients of the Good Sportsmanship Award. Coaches will vote on this with ballots due by the start of Finals on Saturday.

Awards will also be given to the Girls' and Boys' Swim Coach and the Dive coach of the Year. Ballots will be provided in your coaches' packet at the meet.

SCRATCHES & SEEDING

Scratch sheet(s) for each respective team will be included in the coach's packet. All participating swimmers and the events in which they have been entered will be listed. Coaches should turn in your scratch sheet(s) immediately upon arrival but no later than 60 minutes prior to the start of the meet. Heat sheets will be printed approximately 30 minutes following the return of all scratch sheets.

ONLY SCRATCHES WILL BE ACCEPTED. MOVEMENT OF ATHLETES IN EVENTS WILL NOT BE PERMITTED. Only a declared alternate may replace a scratched entry.

ADMISSION & HEAT SHEETS

Admission each day
 Adults - \$6 (includes a Heat Sheet)
 Student - \$4.00
 Children 10 and under - free
 Additional Heat Sheets - \$1

Heat sheets will be available for purchase shortly before the meet starts.

HOSPITALITY

A hospitality room will be open to coaches and officials throughout most of the meet. It will be located immediately off the pool deck. Proper credentials will be required for entry.

COACHES' MEETING

There will be a brief coaches' meeting at the end of morning warm-ups.

ORDER OF EVENTS

Women	*** Timed-Finals ***	Men
1	200 Medley Relay	2
3	200 Free	4
5	200 Individual Medley	6
7	50 Free	8
Sr. Recognition, 2/10	15 minute break	Sr. Recognition, 2/10
11	100 Fly	12
13	100 Free	14

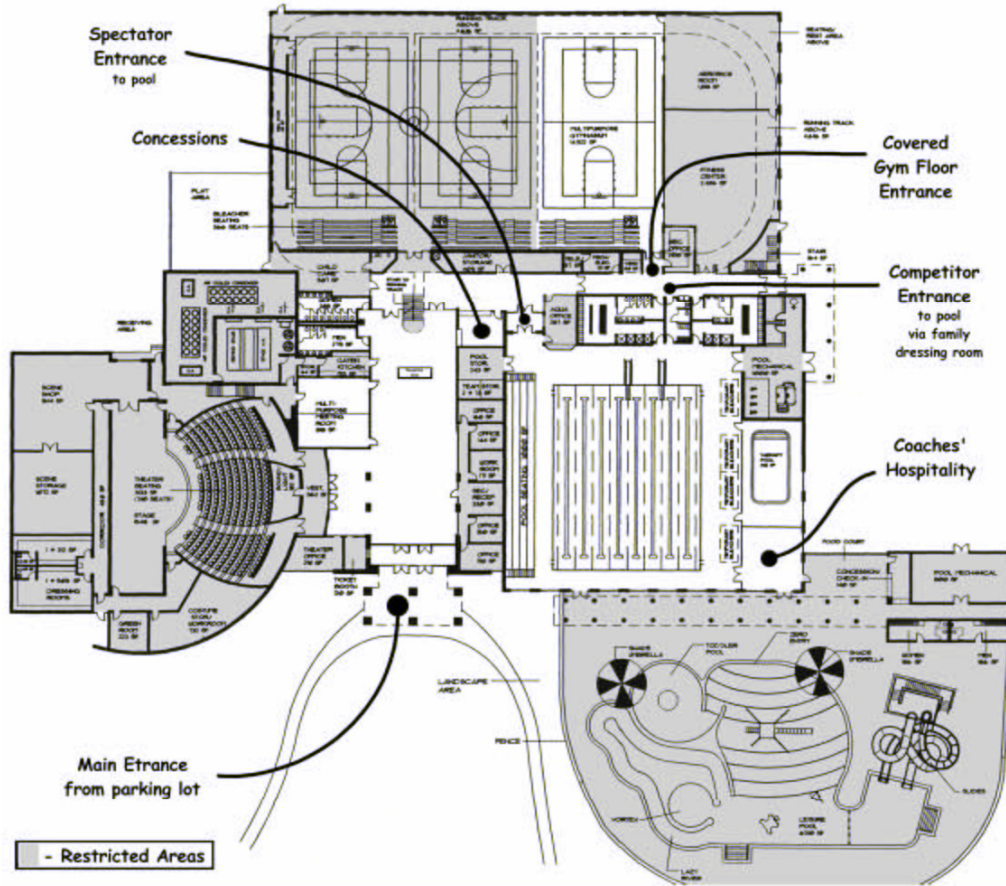
15	500 Free	16
17	200 Free Relay	18
	15 minute break	
19	100 Back	20
21	100 Breast	22
23	400 Free Relay	24

FACILITY The Falling Springs Arts and Recreation Center opened in April 2002 as a multi-purpose recreational facility offering indoor competition swimming pool, indoor therapy pool, outdoor splash pool, gymnasium, aerobics & fitness center, 1/9 mile running/walking track and performing arts theater. The competition pool is 60 ft x 75 ft. Eight 7 ft x 25 yd lanes are formed using nine 4" *Competitor* Electronic timing is provided using *Colorado System 5 Sports Timer, Infinity Start System, AquaGrip Touchpads* and an 8-lane (9-line) scoreboard. Two hundred permanent seats are available for spectators in the competition pool area. Two of the three gym floors will be covered and available for use by both swimmers and spectators.

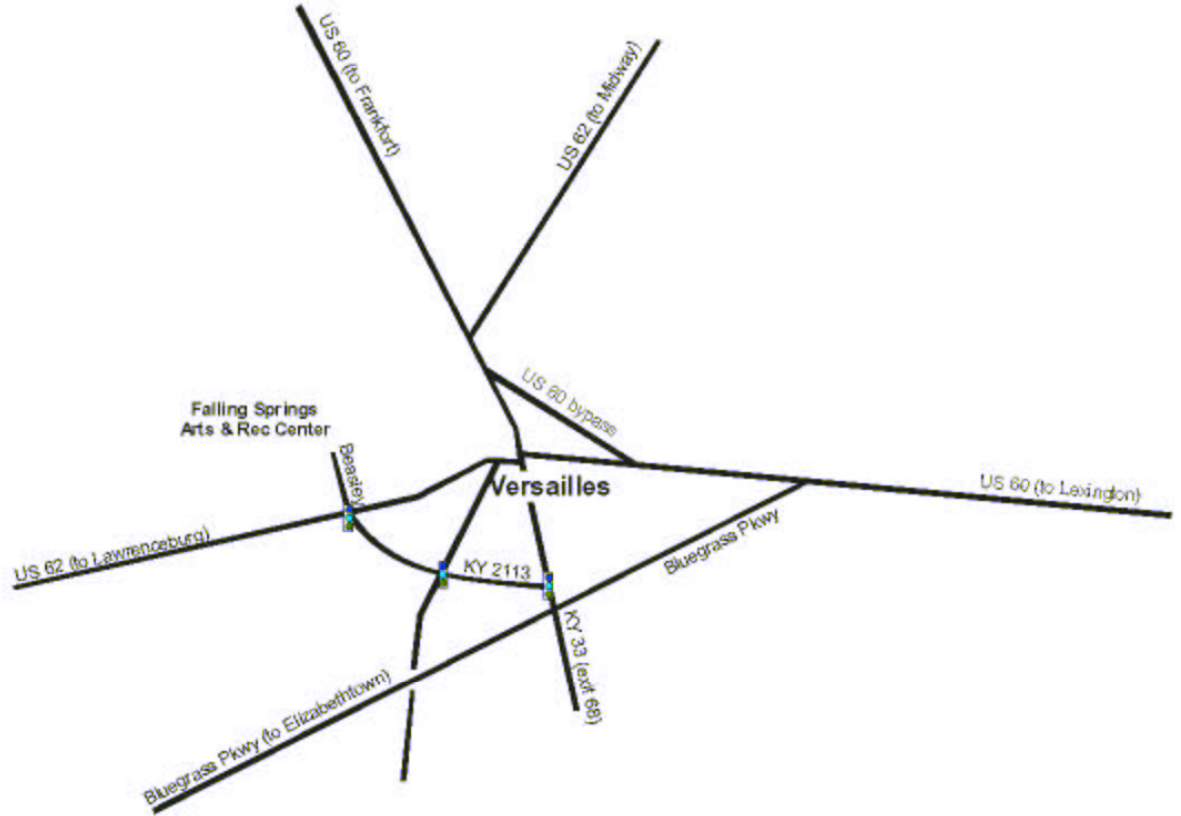
FACILITY NOTES This is a first class facility. It is very important that swimmers and parents are aware of, and obey the following rules:

1. For spectator, clerk of course and swimmer convenience, a one-line scoreboard in the gym will display the current event & heat in the pool.
2. The temperature in the gym is typically on the cool side. Be sure to bring plenty of dry clothes to stay warm.
3. Team areas will be assigned in the gym.
4. Outside of the pool area and covered gym floor, shoes must be worn and swimsuits must be covered.
5. **Coolers are not allowed in the pool area.** The facility rules prohibit outside food and drink. However, small personal coolers may be brought into the facility provided they are carried directly to and remain on the covered floor in the gym.
6. **Food is not allowed in the pool area.** Food is permitted in the food court, on the covered gym floor and in the hospitality room only. Beverages are allowed in the pool area but must be in sealed, spill-proof plastic containers. No glass containers are allowed in the building.
7. **Outside chairs will not be allowed in the pool area.** Chairs, folding or otherwise, may be brought into the facility provided that they are carried directly to and remain on the covered floor in the gym.
8. Signs or banners must be hung by masking tape or string only.
9. Radios, noisemakers or anything else that might cause inconvenience to swimmers, coaches, officials, workers or spectators are prohibited in the pool area.
10. Walkie-talkies are prohibited inside the recreation center as their use interferes with the headsets used by our officials.
11. Flash photography is prohibited during the start of heats.
12. All trash must be deposited in appropriate containers.
13. The uncovered floors in the gym, aerobics & fitness center, track and theater are off limits. Swimmers and spectators must not go into these restricted areas.
14. NO horseplay will be tolerated. Included are shooting baskets or tossing objects while on the covered gym floor.
15. Versailles-Woodford County Parks and Recreation Department prohibit smoking and alcohol.
16. *Lost and found* is located at the reception desk. All items turned into *lost and found* will be held for 30 days. After that all items will be disposed of or given to charity. The Falling Springs Arts and Recreation Center and Woodford County High School are not responsible for lost or stolen items.

FALLING SPRINGS ARTS & REC CENTER SITE MAP



MAP TO FALLING SPRINGS ARTS & REC CENTER



AREA HOTELS

Lexington (Beaumont Center)

(approx. 13.2 miles)

Comfort Suites Lexington

3060 Fieldstone Way
Lexington, KY 40513

Hampton Inn Lexington South

3060 Lakecrest Circle
Lexington, KY 40513

Fairfield Inn (Lexington)

3050 Lakecrest Circle
Lexington, KY 40513

Frankfort (I-64 @ exit 58)

(approx. 11.5 miles)

Best Western Parkside Inn

80 Chenault Drive
Frankfort, KY 40601

Fairfield Inn (Frankfort)

40 Chenault Drive
Frankfort, KY 40601