The Lakeside Mile

Sunday, December 6, 2026

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

EVENTS:

Event #1	400-yard freestyle relay
Event #2	1650-yard freestyle
Event #3	200-yard medley relay
Event #4	200-yard freestyle relay

SPONSORED BY: Lakeside Masters Swim Team

LOCATION: Lakeside Swim Club, 2010 Trevilian Way, Louisville, KY 40205-2142
502.454.4585, www.lakesideswim.com

POOL: 8-lane, 25-yard competition and 3-lane, 20-yard warm-up/cool-down pools with non-turbulent lane dividers. The primary timing system will be automatic (Colorado Timing Systems). Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

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: 400-yard freestyle relay
10-minute break*
Event #2: 1650-yard freestyle
10-minute break*
Event #3: 200-yard medley relay
10-minute break*
Event #4: 200-yard freestyle relay

schedule & break length may be altered at the discretion of the meet director

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

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 by meet officials. **SWIMMERS MUST VERIFY THEIR USMS MEMBERSHIP UPON ONLINE & DECK REGISTRATION.** Deck entry forms should display your name and USMS number as they appear 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 6, 2026 determines their age for the meet.

ONLINE ENTRY: Online entry via Club Assistant is available: https://www.clubassistant.com/club/meet_information.cfm?c=1282&smid=22614 Online entries will be accepted until **Saturday, December 5 at 12:00 p.m. EST.**

MEET ENTRY DEADLINE & DECK ENTRIES: The meet entry deadline is **Saturday, December 5, 2026 at 12:00 p.m. EST.** Paper deck entries for **all events** will be accepted until **Sunday, December 6, 2026 at 7:30 a.m. EST,** provided there is room available. Any entry received after the 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.

1650 FREE ENTRY LIMIT: **THE 1650-YARD FREESTYLE IS LIMITED TO THE FIRST 32 ENTRIES IN THE HANDS OF THE MEET DIRECTOR.**

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 to 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, 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 7:30 a.m** There shall be no "exhibition" relay swims.

LANE ASSIGNMENTS: The meet will be seeded by the pre-entered seed time of each swimmer or relay with the **FASTEST HEATS FIRST.** 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. **Final heat and lane assignments will be posted by 7:55 a.m.** at the venue on the day of the meet. Swimmers are responsible to report to the blocks when their heat is called.

PSYCH SHEET: A **preliminary psych sheet** for the 1650-freestyle will be posted online at www.lakesideswim.com/teams/masters-swim-team/ on **Saturday, December 5, 2026 by 5:00 p.m. EST.**

SPLIT REQUESTS: 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 all individual events (except for backstroke) and for all relay lead-off splits. Therefore, swimmers need not submit split

requests for those events. 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. If you would like a split time to be added to the event results database, please email your split request form after the meet to the Meet Director

LAP COUNTERS: Each swimmer shall provide their own person to count laps. Lap counting devices will be provided.

ENTRY FEES: $20 per swimmer (entries received before 12:00 p.m. 12/5/26)
$30 per swimmer for deck entries (entries received after 12:00 p.m. 12/5/26)
Cash/check made payable to Lakeside Masters only.

TOYS FOR TOTS: Lakeside Swim Club will host a Toys For Tots drive during this meet. Each participant and spectator is encouraged to donate a **new, unwrapped** gift.

WARM-UP PROCEDURE: Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lane during the warm-up period. No diving in the 20-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 and 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.

PARKING: Parking is restricted to street parking only.

VOLUNTEERS NEEDED: Volunteer timers are needed. You can sign up online here:
https://www.signupgenius.com/go/10C094BABAE2DA7F4C16-67721514-2026

MEET DIRECTOR:
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MEET REFEREE:
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The Lakeside Mile
Sunday, December 6, 2026

ENTRY FORM -- PLEASE PRINT

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

DATE OF BIRTH: _____**AGE ON 12/6/26:** _____

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 -- 400-yard freestyle relay

☐ #2 -- 1650-yard freestyle
seed time: ____ : ____ . ____

☐ #3 -- 200-yard medley relay

☐ #4 -- 200-yard freestyle relay

FEES

- $20 per swimmer
- $30 per swimmer for deck entries (received after 12/5/26 at 12:00 p.m. EST)

Cash/check only. Payable to: **Lakeside Masters**