



Schedule for Submission of Relay Cards
First Round 2024 Kentucky High School Athletic Association
Swimming and Diving Championships
Site #1 Russell County High School, Russell Springs, Kentucky

- Relay cards shall be picked up, at the venue, by the Coach of each school, at the Coaches meeting preceding warm-ups. (Bylaw 22 applies)
- Up to eight (8) swimmers may be listed on each on the back of the State Meet relay card.
- The card must be properly filled out with First and Last names of the athletes as listed from the Post-Season roster on the KHSAA website.
- Four names, declared by the number in the order they are to swim shall be marked in the circles in Opening Round column of the card.
- The relay card shall be turned in at the head table by the following schedule:

Session One Boys Timed Finals

200 Medley Relay 10:00 am CST

200 Free Relay The end of the Diving Break, before the start of the first heat of 100 Butterfly

400 Free Relay The finish of the last heat of the 500 Free

Session Two Girls Timed Finals

200 Medley Relay 3:30 pm CST

200 Free Relay The end of the Diving Break, before the start of the first heat of 100 Butterfly

400 Free Relay The finish of the last heat of the 500 Free

This Schedule is in compliance with NFHS Rule 3, Section 2, Articles 2-3-4-5 pages 19 & 20. Penalties for non-compliance are listed, in bold, on those pages.