



**2026 Kentucky High School Athletic Association
Swimming and Diving Championships
Presented by UK HealthCare**

Schedule for Submission of Relay Cards

- Relay cards shall be picked up, at the venue, by the Coach of each school, at the Coaches meeting preceding the start of warm-ups of each session. (Bylaw 22 applies)
- Up to eight (8) swimmers will be listed on each event entry card for the Prelims and Finals of the State Meet.
- The card has listed the First and Last names of the same athletes listed from the Region Entry and postseason roster.
- No names may be added, deleted or changed from the Region Entry.
- The four names of the swimmers to be entered for each relay are declared by writing the number, in the order they are to swim, and the number circled, to the left of the name on the card. This is the correct way to declare an athlete to swim on a schools relay.
- The Coach shall sign the back of each relay card. (example below)
- The relay card shall be turned in to an Administrative Official at the head table by the following schedule:

Session One Boys Prelims

- 200 Medley Relay 10:00 am
- 200 Free Relay The end of Diving Break, before the start of the first heat of Event 12, Boys 100 Butterfly
- 400 Free Relay The finish of the last heat of Event 16, the 500 Freestyle

Session Three Boys Finals

- 200 Medley Relay 6:10 pm
- 200 Free Relay The end of Diving Break, before the start of the first heat of Event 12, Boys 100 Butterfly
- 400 Free Relay The finish of the last heat of Event 16, the 500 Freestyle

Session Four Girls Prelims

- 200 Medley Relay 10:00 am
- 200 Free Relay The end of Diving Break, before the start of the first heat of Event 11, Girls 100 Butterfly
- 400 Free Relay The finish of the last heat of Event 15, the 500 Freestyle

Session Six Girls Finals

- 200 Medley Relay 6:10 pm
- 200 Free Relay The end of Diving Break, before the start of the first heat of Event 11, Girls 100 Butterfly
- 400 Free Relay The finish of the last heat of Event 15, the 500 Freestyle

- This Schedule is in compliance with NFHS Rule 3-2-3 page 21, paragraph three: “In each relay event, eight (8) individuals may be listed, and it shall not count as an entry unless the competitor actually competes in the event. Any of eight (8) individuals may swim in the prelims, swim-offs and/or finals provided he/she does not exceed the permitted entries for the meet. Only the four swimmers declared on the relay card, including the relay lead-off swimmer, which shall be submitted at a specified time and place prior to the start of the event, are permitted to report to the blocks and compete. In case of illness or injury to one of the four swimmers, it shall be reported to the referee and any one of the remaining swimmers listed on the relay entry card may replace the ill/injured swimmer provided he/she does not exceed the allowable entries. The ill/injured swimmer shall not be charged with an entry.

PENALITES: For submitting an entry card which is incomplete, inaccurate or delivered late, the competitor or relay team shall be disqualified from that event.”

1st Round KHSAA State Championships Site #2 - 2/17/2024

Event 1 Girls 200 Yard Medley Relay - Finals Heat: _____ Lane: _____

Eastern High School Seed Time: 1:58.04

- | | |
|----------------------|---------------------------|
| 1) Shapero, Linnea 9 | 2) Nussbaum, Addi 12 |
| 3) Sparks, Julia 11 | 4) Frericks, Sara 12 |
| 5) Medley, Madelyn 9 | 6) Brinkmoeller, Ansley 7 |
| 7) Ludwick, Allie 10 | 8) Peppers, Olivia 10 |

T1 ____:____.____ T2 ____:____.____ T3 ____:____.____ Official Time ____:____.____

1st Round KHSAA State Championships Site #2 - 2/17/2024

Event 17 Girls 200 Yard Freestyle Relay - Finals Heat: _____ Lane: _____

Eastern High School Seed Time: 1:52.40

- | | |
|----------------------|---------------------------|
| 1) Shapero, Linnea 9 | 2) Nussbaum, Addi 12 |
| 3) Ludwick, Allie 10 | 4) Frericks, Sara 12 |
| 5) Medley, Madelyn 9 | 6) Duffee, Madison 10 |
| 7) Sparks, Julia 11 | 8) Brinkmoeller, Ansley 7 |

T1 ____:____.____ T2 ____:____.____ T3 ____:____.____ Official Time ____:____.____

1st Round KHSAA State Championships Site #2 - 2/17/2024

Event 23 Girls 400 Yard Freestyle Relay - Finals Heat: _____ Lane: _____

Eastern High School Seed Time: 4:09.91

- | | |
|----------------------|---------------------------|
| 1) Shapero, Linnea 9 | 2) Ludwick, Allie 10 |
| 3) Medley, Madelyn 9 | 4) Brinkmoeller, Ansley 7 |
| 5) Nussbaum, Addi 12 | 6) Medley, Shelby 9 |
| 7) Frericks, Sara 12 | 8) Sparks, Julia 11 |

T1 ____:____.____ T2 ____:____.____ T3 ____:____.____ Official Time ____:____.____

Event 23
Eastern High School

- 1) Shapero, Linnea
 - 3) Medley, Madelyn
 - 5) Nussbaum, Addi
 - 7) Frericks, Sara
- T1 ____ : ____ . ____ T2 ____ : ____ . ____

- 1) Shapero, Linnea
 - 3) Medley, Madelyn
 - 5) Ludwick, Allie
 - 7) Sparks, Julia
- T1 ____ : ____ . ____ T2 ____ : ____ . ____

1st Round KHSAA State Championships Site #2 - 2/17/2024

Event 1 Girls 200 Yard Medley Relay - Finals Heat: ____ Lane: ____

Eastern High School

Seed Time: 1:58.04

- 1) Shapero, Linnea 9
- 2) Nussbaum, Addi 12
- 3) Sparks, Julia 11
- 4) Frericks, Sara 12
- 5) Medley, Madelyn 9
- 6) Brinkmoeller, Ansley 7
- 7) Ludwick, Allie 10
- 8) Peppers, Olivia 10

T1 ____ : ____ . ____ T2 ____ : ____ . ____ T3 ____ : ____ . ____ Official Time ____ : ____ . ____

Event #2 - 2/17/2024
 Lane: ____
 Time: 1:52.40

1st Round KHSAA State Championships Site #2 - 2/17/2024

Event 17 Girls 200 Yard Freestyle Relay - Finals Heat: _____ Lane: _____

Eastern High School Seed Time: 1:52.40

- | | |
|----------------------|---------------------------|
| 1) Shapero, Linnea 9 | 2) Nussbaum, Addi 12 |
| 3) Ludwick, Allie 10 | 4) Frericks, Sara 12 |
| 5) Medley, Madelyn 9 | 6) Duffee, Madison 10 |
| 7) Sparks, Julia 11 | 8) Brinkmoeller, Ansley 7 |

T1 ____:____.____ T2 ____:____.____ T3 ____:____.____ Official Time ____:____.____

1st Round KHSAA State Championships Site #2 - 2/17/2024

Event 23 Girls 400 Yard Freestyle Relay - Finals Heat: _____ Lane: _____

Eastern High School Seed Time: 4:09.91

- | | |
|------------------------|---------------------------|
| ② 1) Shapero, Linnea 9 | ① 2) Ludwick, Allie 10 |
| ③ 3) Medley, Madelyn 9 | 4) Brinkmoeller, Ansley 7 |
| 5) Nussbaum, Addi 12 | ④ 6) Medley, Shelby 9 |
| 7) Frericks, Sara 12 | 8) Sparks, Julia 11 |

T1 ____:____.____ T2 ____:____.____ T3 ____:____.____ Official Time ____:____.____

Ally
Coach