# NFHS announces swimming rules changes

#### **BY NFHS**

State high school associations may adopt rules permitting the use of backstroke ledges during swimming competitions starting in the 2025-26 school year.

Rule 2-7-3 was approved by the NFHS Swimming and Diving Rules Committee during its annual meeting in March at The Alexander in downtown Indianapolis. All recommended changes were subsequently approved by the NFHS Board of Directors.

the starting end wall to at least ment with national and interna- ledges will be available through deck starts could run to the 16 feet. 5 inches (5 meters) from the end wall. It also specfor the ledges.

Under Rule 2-7-3, if backstroke ledges are used in a competition, identical ledges must be provided by the host team for all lanes. Even if the ledges are available, individual swimmers are not required to use them.

The change follows years of discussions regarding backstroke ledges in high school The new, permissive rule competition, with the commitallows backstroke ledges in tee making its final decision pools that maintain a 6-foot based on research focused on water depth, measured from risk minimization and align-

tional swimming standards.

"I think the most important ifies the acceptable dimensions thing to consider about this rule passing is that it is a permissive rule," said Rod Garman, chair of the Swimming and Diving Rules Committee and assistant executive director of the Kansas State High School Activities Association. "State associations will have the choice of whether to allow backstroke starting ledges in their state. We recognize this is a major change in high school swimming, so it may take time for some states to adopt it."

A strongly recommended teaching protocol for backstroke the NFHS in the future.

"I think it's going to create an opportunity for swimmers to improve in backstroke risks. events," Garman said. "Swimmers sometimes slip when placing their feet along the wall or touchpad at the start of a backstroke race. These ledges will help prevent that, allowing for stronger and more consistent starts. I'm excited to see the positive impact this will have on our sport."

The rules committee also approved clarifying language intended to penalize swimmers in Rule 8-3-4a regarding relay exchanges, addressing the engaged in slight movement concern that swimmers using for better balance or comfort.

pool edge and launch into the water, creating both significant momentum and serious safety

The amended language states: "On starts from the deck, the second, third and fourth swimmers must assume a position with at least one foot stationary at the front edge of the deck. The remainder of their body may be in motion prior to the finish of the incoming swimmer."

The original rule was not whose initially stationary foot

# WKU puts football season tickets on sale

#### **BY WKU ATHLETICS**

football season tickets on sale earlier this month.

Season tickets for WKU's six home games start as low as \$50 up to \$230 for a VIP chair. There are multiple options for different season ticket levels including club seats in the press box area.

Season ticket renewals are ongoing. The deadline to renew season tickets is June 30.

Fame donation.

Fans interested in purchasing or renewing season tickets can do so by calling the WKU Ticket Office at

1-800-5-BIGRED or purchasing online Western Kentucky University put at am.ticketmaster.com/wku/buy/ ism/RkJTMjU=.

The Hilltoppers will kick off the 2025 season at Houchens-Smith Stadium with a Week 0 matchup against Conference USA foe Sam Houston on Aug. 23. WKU will also play home games against North Alabama on Aug. 30, Nevada on Sept. 20, Florida International on Oct. 14, New Mexico State on Nov. 1 and Middle Tennessee on Nov. 15.

WKU is coming off an 8-6 season All season tickets require a Hall of in 2024, which featured appearances in both the CUSA championship game and the Boca Raton Bowl. It was WKU's sixth bowl game in the last six seasons.

# **Big Maroon Club Golf Classic set for May 12**

BY PAXTON MEDIA GROUP The 2025 Big Maroon Club Golf Classic is set for May 12 at Campbellsville Country Club.

Entry fee for the benefit is \$400 per team or \$100 per individual.

The club is a Camp-

affiliated support organi- start at 1 p.m. zation. It assists the CU Department of Athletics in providing funds for the 20 sports comprised of 32 intercollegiate teams.

Registration will begin served at noon. Play will dwhughes@campbellsbellsville University begin with a shotgun ville.edu, 270-789-5215.

A hole sponsorship is available for \$300.

For information, contact Michaela Jarman at mgjarman@campbellsville.edu, 270-789-5534 at 11:30. Lunch will be or Devin Hughes at

## Baseball nominations sought for Student-Athlete of the Year

#### **BY PAXTON MEDIA GROUP**

The nomination process is open for the Midway University/KHSAA Student-Athlete of the Year among baseball participants for 2024-2025.

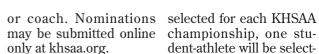
This award is based on athletic and academic achievement as well as community service and leadership. The link to the application contains additional criteria and a form to nominate one participant from each 2024-2025 team.

Nominations must come from a member school, but can be submitted by an administrator, guidance counselor

**GARAGE SALE** 

3191 Jim Clark Rd.

Moving Sale



The winner will be announced early in the postseason and recognized at an awards banquet at Midway University this summer, according to a KHSAA statement announcing the nomination process.

dent-athlete will be selected as the 2024-2025 Midway University/KHSAA Student-Athlete of the Year and announced at the banquet. All winners will also receive their recognition at that banquet.

The deadline for nominations for high school From the winners baseball players is May 2.



## NFL NextGen Stats team unveils new draft website

#### **BY JOSH DUBOW** AP PRO FOOTBALL WRITER

Many NFL fans spend the weeks leading up to the draft poring over predictions to try to figure out which players their favorite teams are most likely to select.

quickly become obsobegins with some project-

site takes elements from engaging live features."

the old draft preview magazines that presented site launched earlieasily digestible information

"The draft magazine designed to be the was so efficient at displaying information in a easy to digest way," said ing Thursday night. Mike Band, the senior The site includes Those mock drafts manager for research team-by-team pages and analytics at NFL that list each team's lete once the actual draft NextGen Stats. "In a lot of ways as we've optied targets inevitably com- mized for mobile expeing off the board before a riences, we've lost that season, potential draft team even makes its pick. art of a dashboard-like targets for each day of That was the motiva- experience. That was the the draft, a mock draft tion for the NFL's Next- impetus for this project, tracker and historic Gen Stats team to cre- creating a digital magaate a new draft site that zine that could be updat- general manager. adapts seamlessly with ed live and evolve in a each move made before dynamic way and hopeor during the draft. The fully have really fun and

The NFL Draft IQ er this month to preview the draft. It was ideal second screen during the draft startpicks in the next two drafts, moves they had made in the offtendencies for



## got old tires?



### GET RID OF THEM FOR FREE DURING THE 2025 TIRE AMNESTY PROGRAM

### May 8 & 9 from 8:00 am to 4:00 pm May 10 from 8:00 am to 12:00 pm At The Nelson County Fairgrounds New Haven Road. Bardstown

All tires welcome except for foam filled tires, off road construction equipment tires, and solid tires with pressed on rims. Tire Retailers and Tire Recyclers are not allowed to participate in the Tire Amnsesty Program.Passenger tires, truck tires, and tires on rims will need to be separated. Nelson County, in partnership with KY Division of Waste Management is sponsoring this event.

If you have any questions, please contact the solid waste office at (502) 348-1876.



Probate Notice of **Appointments** The following Fiduciaries have been appointed in the Nelson District Court.

Any claims against the follow-Estates should be presented to the named fiduciary before October 11, 2025.

25-P-122 Estate of Donald Ray Hardin, 409 West Main Street, Fairfield, KY 40020. 4/11/25 Tracy Hardin, 814 Foxwood Avenue, Louisville, KY 40223 appointed Executrix

Attorney Amanda Rogers Deaton, 212 East Stephen Foster Ave, Bardstown, KY 40004 Diane Thompson, Nelson Circuit & District Court Clerk

Everything Will Go April 14th, 25th, 26th 9am-? Side by side, lots of furniture and horse items.

### SERVICES

ALL COUNTY PAVING \*\*\*Free Estimates\*\*\* Spring Specials for driveways and parking lots 5% off when mentioning this ad (502) 543-9292

## Walneck's Shepherdsville Motorcycle Swap Meet

Sunday, April 27, 2025 at Bullitt Co. Fairgrounds 964 Clermont Rd, Exit 112 (Rt. 245) off I-65 8 a.m.-2 p.m., \$10 adm. \$50 booth, indoors, under cover and outdoors, rain or shine 630-985-2097



Improvements 502-600-3785 Painting- drywall repairs-decking Fencing - so much to list With references "Not just another handyman service"

### NOTICE OF PUBLIC HEARING

The Public Service Commission of Kentucky issued an order on January 21, 2025, scheduling a hearing to be held on May 13, 2025, at 9 a.m., Eastern Daylight Time, in the Richard Raff Hearing Room at the offices of the Public Service Commission located at 211 Sower Boulevard in Frankfort, Kentucky, for Case No. 2024-00326. This is an examination of the Electronic 2024 Joint Integrated Resource Plan of Louisville Gas and Electric Company and Kentucky Utilities Company.

This hearing will be streamed live and may be viewed on the PSC website, psc.ky.gov

Public comments may be made at the beginning of the hearing. Those wishing to make oral public comments may do so by following the instructions listed on the PSC website, psc.ky.gov.

Louisville Gas and Electric Company and Kentucky Utilities Company 2701 Eastpoint Parkway Louisville, Kentucky 40223



ADVERTISEMENT FOR BIDS

Larue County Water District No. 1 421 Strange Road Hodgenville, Kentucky 42 7 48

The Larue County Water District No. 1 will except bids for the supply and delivery of Three (3) 35 KW diesel operated permanent generators, one (1) 25 KW Diesel operated permanent generator and one (1) 70 KW natural gas-powered permanent generator. All bids must be received by the Larue County Water District No. 1 at the District Office at 421 Strange Road Hodgenville, KY 42748 3:00 pm (EST Local Time) Thursday. May 8, 2025

Questions regarding bidding shall be directed to:

LARUE COUNTY WATER DISTRICT No. 1,421 Strange Road, Hodgenville, KY 42748. Phone: 270.491.5248

KENTUCKY ENGINEERING GROUP, PLLC., 101 High Street, Versailles, Kentucky 40383 Phone: 859.351.9849

All bids must be submitted on bidder's letterhead and include an all-inclusive price for each generator with all equipment and appurtenances listed. Bids may be mailed, faxed or emailed prior to date and time listed above.

No Bidder may withdraw his Bid within sixty (60) days after the actual date of bid opening.

Bidders must comply with President's Executive Orders No. 11246 and No. 11375 and any amendments or supplements to those Executive Orders. Attention of bidders is particularly called to the requirements as to conditions of employment to be observed under the contract, Section 3, Segregated Facility, Section 109 and E.O. 11246.

Bidders must certify they do not and will not maintain or provide for their employees any facilities that are segregated or based on race, color, creed or national origin. Bidders must comply with 41 CFR 60-4 in regard to affirmative action and to ensure equal opportunity to females and minorities, and all that are applicable. Minorities and small businesses are encouraged to submit bids on this project.

Bidders must comply with Title VI of the Civil Rights Act of 1964 Anti-Kickback Act, and the Contract Work Hours Standard Act.

The Larue County Water District No. 1 reserves the right to waive any bidding informalities and to reject any or all bids, for any reason. The right is reserved by the Owner, in the exercise of its sole judgment to reject any or all Bids, and to re-advertise and award the Contract in the regular manner or to waive any informalities, irregularities, mistakes, errors, or omissions in any Bid received and to accept any Bid deemed to be responsive to this invitation and favorable to interests of the Owner.

John Detre, Chairman

Larue County Water District No. 1 Date: <u>April 15. 2025</u>