

2024 LA Tiger Aquatics Mardi Gras Invite

Hosted by Tiger Aquatics

January 12th-14th, 2024

Held at the LSU Natatorium

Condition of Sanction

As a condition of this sanction, Tiger Aquatics agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, Louisiana Swimming, the State of Louisiana, local jurisdictions, and the Tiger Aquatics Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period.

Assumption of Risk Disclaimer

Tiger Aquatics has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID- 19.

Covid-19 Release

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

By attending or participating in this competition, you voluntarily assume all risk associated with exposure to COVID-19 and forever release and hold harmless USA Swimming and [the LSC] and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease, or property losses, or any other loss, including but not limited to claims of negligence and give up and claims you may have to seek damages, whether known or unknown, foreseen or unseen, in connection therewith.

Facility

L.S.U Natatorium, site of the 1985 National Sports Festival. Indoor 50-meter pool at a constant depth of 7 feet with movable bulkheads to make two 8-lane, 25-yard pools with Non- Turbulent Lane lines. Paragon starting blocks. Daktronics Timing System with 8-lane Daktronics electronic scoreboard. A six-lane 25-yard warm-up/warm-down pool is next to the 50-meter pool. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

Swim Meet Guidelines & Facility Rules

Coaches, Parents, and Swimmers must adhere to below guidelines before, during, and/or after swim sessions. Failure to comply will result in denied usage of pool facilities and swim sessions:

- We ask that ALL individuals enter the facility no more than 15 mins prior to the start of their session.
- Locker room use is available for swimmers ONLY.
- Spectators/Coaches/Officials/Volunteers must use the restrooms closest to the front lobby of the Natatorium; aka the scoreboard end.
- NO Smoking in the pool area OR within 30 feet of all doors.
- NO Glass containers allowed on the pool deck.

Athlete Limitation / Event Limitation / Meet Format

- Teams must reserve their spot by emailing jeannine@swimtag.com.
- Athletes may swim up to 10 individual events.
- This is a Timed Finals meet for all events.
- All Distance events will be swum fastest to slowest.
- Distance Freestylers must supply their own counter & timer.

Sanction

Held under the Sanction of USA Swimming, Inc., issued by Louisiana Swimming, Inc.
Sanction # 2024 - -

Meet Staff

MEET DIRECTOR	MEET REFEREE	MEET MARSHAL
Jeannine Malbrough jeannine@swimtaq.com	Andrew Wilkinson mr_monkey_man_23@yahoo.com	Pamela Bishop pamela@swimtaq.com

Session & Times

Session	Day	Arrival	Warm-up	Meet Start	Age Group
1	Friday January 12th	4:15pm	4:30-5:30pm	5:45pm	ALL
2	Saturday January 13th	7:15am	7:30-8:30am	8:45am	OPEN
3	Saturday January 13th	1:15pm	1:30-2:30pm	2:45pm	12 & Under
4	Sunday January 14th	7:15am	7:30 – 8:30am	8:45am	OPEN
5	Sunday January 14th	1:00pm	1:15-2:15pm	2:30pm	12 & Under

- These are the revised times. Please view the warm up assignments posted on the website, www.swimtaq.com, to find your team's assigned warm up times. These assignments will be posted Tuesday evening prior to the meet.
- There will be 2 x 30 minute warm up periods for all sessions.

Warm Up

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries.

Deadline & Meeting Summary

Entry Deadlines	Time	For:
January 5th, 2024	11:59 pm	January 12th. 2024
Session	Meeting Time	For:
1	TBD	Official Briefings

Rules

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.

Technical Suit Ban 12&Unders

A technical suit is one that has the following components:

- Any males or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

MAAPP

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SAFE SPORT

The LSI Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet who is unaccompanied by a USA Swimming member coach must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer’s guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials, and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

Eligibility

All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete.

Swimmers must be registered prior to entry deadline.

Entries listed as "Registration Applied For" will not be accepted.

There will be no on deck registration available at this meet.

A swimmer's age as of *January 12th, 2024* determines their age for the entire meet.

Members with Disabilities or Medical Conditions

Tiger Aquatics welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit Tiger Aquatics' ability to accommodate all requests.

Entries / Entry Deadline

Entries are to be submitted through members' Team Unify account on swimtaq.com. A swimmer's age on the first day of the meet will determine their age for the entire meet. Swimmers will be entered on a first-come-first-served basis, due to athlete number limitations. Meet management has the right to limit the number of athletes in order to comply with Louisiana Swimming, Inc.'s four-hour rule. Meet management reserves the right to reassign events/age groups to different courses. The order of events shall not be changed, but at the discretion of the meet management, breaks may be added.

- Entries must be received by **Friday January 5th, 2024**
- No late entries will be accepted.
- Email entries to jeannine@swimtaq.com.
- Make entry fee check payable to **Tiger Aquatics**.

Entry Fees

All fees are non-refundable	
Individual Event	\$5.00 per event
LA Swimming Surcharge	\$8.00 per swimmer
Facility Surcharge	\$5.00 per swimmer
Heat Sheet Fee	\$3.50 per swimmer

Seeding

The conforming time standard for this meet is short course yards. All events 200 and below will be swum slowest to fastest. All distance events 400IM, 500 Free, 1000 Free, and 1650 Free will be swum fastest to slowest. There will be no penalty for scratching pre-seeded events.

Scoring

Scoring will be done for all 12&Under events.

- The age brackets will include be SINGLE age group: 6&Under, 7yr old, 8yr old, 9yr old, 10yr old, 11yr old, 12yr old.
- High point awards will be given for 1st, 2nd, and 3rd place high point winner's female and male for the single age group brackets listed above.
- No trophies or ribbons will be given in addition to the high point awards.

Results / Live Streaming

Results can be found live on Meet Mobile throughout the meet. Results will also be posted on swimtaq.com at the conclusion of the meet. This event will be live-streamed. The link will be posted on swimtaq.com on the event page.

Coaches

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. Other Meetings may be held at the meet referee's discretion (listed in the Deadline and Meeting Summary).

Hospitality / Concessions

Hospitality will be available for coaches and officials. Concessions will be sold at the meet.

Officials / Timers/ Volunteers

There will be a need for officials. Tiger Aquatics welcomes and encourages anyone willing to volunteer. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet / session. There will be an officials' meeting at each meet session. A virtual meeting may be held prior to the meet / session at the referee's discretion, and all assigned officials are strongly encouraged to complete and individual personal review of applicable USAS rules for their assigned position prior to the meet. Officials should report to their assigned position 15 minutes before session start, and bring a mask, your personal water bottle, and a writing utensil.

Waiver and Release

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and Louisiana Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet.

Tiger Aquatics, Louisiana Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

Image Release

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or LSI website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

ORDER OF EVENTS

Session 1 – LSU Natatorium – Friday PM January 12th, 2024

Girl's Event #	Event	Boy's Event #
1	10 & Under 200 Free	2
3	12 & Under 500 Free	4
5	13 & Over 500 Free	6
7	12 & Under 200 IM	8
9	OPEN 400 IM	10

- ☐ Check In for events 3,4,5,6, 9, and 10 by 5:30pm.
- ☐ Events 3-6 and events 9-10 will be swum fastest to slowest.

Attention Coaches: The events for both Saturday and Sunday AM SESSIONS are listed 13-14 and OPEN. The OPEN events are primarily for 15 & Over with the opportunity for any 12-year-old who ages up to swim the listed events. Please monitor your athlete's event selections.

Session 2 – LSU Natatorium –Saturday AM January 13th, 2024

Girl's Event #	Event	Boy's Event #
11	13-14 100 Breast	12
13	OPEN 100 Breast	14
15	13-14 200 Fly	16
17	OPEN 200 Fly	18
19	13-14 100 Back	20
21	OPEN 100 Back	22
23	13-14 200 IM	24
25	OPEN 200 IM	26
27	13-14 50 Free	28
29	Open 50 Free	30
	10 Minute Break	
31	OPEN 1000 Free	32

- ☐ Check in for events 31-32 must be done by 8:45am.
- ☐ Events 31-32 will be swum fastest to slowest.
- ☐ There will be a 10-minute break before events 31-32
- ☐ 1000 Free swimmers must supply their own COUNTER & TIMER.

Session 3 – LSU Natatorium –Saturday PM January 13th, 2024

Girl's Event #	Event	Boy's Event #
33	6 & Under 25 Free	34
35	7yr old 25 Free	36
37	8yr old 25 Free	38
39	9yr old 100 Free	40
41	10yr old 100 Free	42
43	11yr old 100 Free	44
45	12yr old 100 Free	46
47	6 & Under 25 Breast	48
49	7yr old 25 Breast	50
51	8yr old 25 Breast	52
53	9yr old 50 Breast	54
55	10yr old 50 Breast	56
57	11yr old 50 Breast	58
59	12yr old 50 Breast	60
61	6 & Under 25 Back	62
63	7yr old 25 Back	64
65	8yr old 25 Back	66
67	9yr old 100 Back	68
69	10yr old 100 Back	70
71	11yr old 100 Back	72
73	12yr old 100 Back	74
75	6 & Under 25 Fly	76
77	7yr old 25 Fly	78
79	8yr old 25 Fly	80
81	9yr old 100 Fly	82
83	10yr old 100 Fly	84
85	11yr old 100 Fly	86
87	12yr old 100 Fly	88

Attention Coaches: The events for both Saturday and Sunday AM SESSIONS are listed 13-14 and OPEN. The OPEN events are primarily for 15 & Over with the opportunity for any 12-year-old who ages up to swim the listed events. Please monitor you athlete's event selections.

Session 4 – LSU Natatorium –Sunday AM January 14th, 2024

Girl's Event #	Event	Boy's Event #
89	13-14 200 Free	90
91	OPEN 200 Free	92
93	13-14 100 Fly	94
95	OPEN 100 Fly	96
97	13-14 200 Breast	98
99	OPEN 200 Breast	100
101	13-14 100 Free	102
103	OPEN 100 Free	104
105	13-14 200 Back	106
107	OPEN 200 Back	108
	10 Minute Break	
109	OPEN 1650 Free	110

- ☐ Check in for events 109-110 must be done by 8:15am.
- ☐ Events 109-110 will be swum fastest to slowest.
- ☐ 1650 Free swimmers must supply their own COUNTER & TIMER.

Session 5 – LSU Natatorium –Sunday PM January 14th, 2024

Girl's Event #	Event	Boy's Event #
111	6&Under 50 Free	112
113	7yr old 50 Free	114
115	8yr old 50 Free	116
117	9yr old 50 Free	118
119	10yr old 50 Free	120
121	11yr old 50 Free	122
123	12yr old 50 Free	124
125	7yr old 50 Back	126
127	8yr old 50 Back	128
129	9yr old 50 Back	130
131	10yr old 50 Back	132
133	11yr old 50 Back	134
135	12yr old 50 Back	136
137	7yr old 50 Breast	138
139	8yr old 50 Breast	140
141	9yr old 100 Breast	142

143	10yr old 100 Breast	144
145	11yr old 100 Breast	146
147	12yr old 100 Breast	148
149	7yr old 50 Fly	150
151	8yr old 50 Fly	152
153	9yr old 50 Fly	154
155	10yr old 50 Fly	156
157	11yr old 50 Fly	158
159	12yr old 50 Fly	160
161	6&Under 100 IM	162
163	7yr old 100 IM	164
165	8yr old 100 IM	166
167	9yr old 100 IM	168
169	10yr old 100 IM	170
171	11yr old 100 IM	172
173	12yr old 100 IM	174