



**2021 LOUISIANA “AGE GROUP”
LONG COURSE
STATE SWIMMING CHAMPIONSHIPS
JULY 15-18, 2021**

Sponsor: Louisiana Swimming, Inc.

Host Team: Tiger Aquatics

Sanction: Sanction # **2021-07-04** Held under the sanction of USA Swimming and Louisiana Swimming. In granting this sanction, it is understood and agreed that USA Swimming and Louisiana Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

Meet Director: Sarah Landraneau laswimmingmeets@gmail.com
Joie Stanley coaches@swimcenla.org

Meet Referee: Ty Dolese- ty.dolese@gmail.com

Date & Time: Thursday, July 15 through Sunday, July 18, 2021.

Thursday night “open” warm-ups will begin at 4:00 p.m. and the meet will start at 5:00 p.m.

Warm-up and session start times for all sessions are dependent upon the meet size and will be assigned prior to the meet.

Location: LSU Natatorium: Nicholson Dr & W. Chimes St, Baton Rouge, LA 70808.

Facility: Indoor 50 meter pool with paddock bulkheads with non-turbulent lane lines. The competition course has been certified in accordance with 104.2.2C (4). The indoor pool depth is 7 feet continuous. There is a six-lane diving well 25 yard pool has a depth of 14-17 feet. Electronic timing is provided for all 16 lanes. Starting blocks will be provided for both pools. Dressing and locker-rooms are available (occupancy max of 10 at a time. A concession stand is available for water and powerade.

Timing: Daktronics automatic timing with scoreboard display will be the primary system. Secondary system will be manual – electronic with two buttons per lane. Tertiary system will be one digital watch per lane with a second watch on first place in each heat.

Rules: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

Conduct of this sanctioned meet shall conform in every respect to the 2021 United States Swimming Rules and Regulations and Bylaws of Louisiana Swimming and Rules and Regulations and Policies and Procedures of Louisiana Swimming. It shall be the swimmers’ and coaches’ responsibility to acquaint themselves with all of the information in this rulebook. At this meet, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and

warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision if requested in advance. Swimmers will be respectful and obey recommendations of the Meet Marshals.

Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law

enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

Deck Changes are prohibited. Deck Change definition – “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes”.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

12&U Technical Suit Ban:

Per LSI Rule 210.2, 12 & Under athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components:

- Any male 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.

Eligibility:

No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. Swimmers must have current 2021 USA registration, be a member of Louisiana Swimming and have achieved the current Louisiana State Qualifying time standards from January 1, 2020 through the meet entry deadline.

Age as of July 15, 2021 will determine the swimmer's age for the entire meet.

Entry Limit:

Athletes are limited to not more than three (3) individual events per day and not more than six (6) individual events total.

Athletes may not enter more than 2 relay per session with a maximum of 4 relays during the meet.

Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" or "B".

Bonus Swims:

Due to the interrupted qualifying period, Louisiana Swimming is granting Bonus swims to swimmers who are qualified to compete at the 2021 LC State Championships. Swimmers will be eligible for a Bonus swim in strokes in which qualification standards have been met. These Bonus swims will be in either the distance above or below the qualified event/stroke. The 400/800/1500 Free are not eligible Bonus events.

12&U Swimmer Bonus Event Options

For all strokes, the 50 QT allows the 100 of that stroke.
For all strokes, the 100 QT allows the 50 of that stroke.
For Free & IM, the 100 QT allows the 200 of that stroke.
For Free & IM, the 200 QT allows the 100 of that stroke.

13&O Swimmer Bonus Event Options

For all strokes, the 100 QT allows the 200 of that stroke.
For all strokes, the 200 QT allows the 100 of that stroke.
For IM, the 200 QT allows the 400 IM, and vice versa.
For Free, the 100 QT allows for the 50 Free, and vice versa

Entries For Members With Disabilities or Medical Conditions:

Louisiana Swimming, Inc. 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 LSI's ability to accommodate all requests.

Swimmers with special needs may participate in this meet in the following events: 50/100 backstroke, 50/100 butterfly, 50/100 breaststroke, and 50/100 freestyle in the appropriate gender.

Entries are to be submitted via online entry form. Request link to online entry form through Sarah Landreneau: laswimmingmeets@gmail.com, 337-308-0040

Format: All individual and relay events will be conducted as Timed Finals and seeded slowest to fastest.

At the discretion of the Meet Referee, the Preliminary sessions may be conducted using flyover starts.

Details of any changes to normal meet operations protocol will be published with the work assignments and session reports.

This meet has been exempt from the LSI time limit rule. This meet is a closed championship.

Distance Events: All scratches or confirmation and, if necessary, proof of seed time must be reported to the clerk of course one hour prior to the event being contested.

14&U 1500M Free

The 14&U 1500M Free will be swum on Thursday night conducted slowest to fastest and mixed gender. This is a positive check-in event. Swimmers are to provide their own timers and counters. Swimmers must have the qualifying time for the 1500M/1650Y Free or 800M/1000Y Free to swim this event.

14&U 800M Free

The 14&U 800M Free will be swum as the first event on Sunday morning conducted slowest to fastest and mixed gender. This is a positive check-in event. Swimmers are to provide their own timers and counters. Swimmers must have the qualifying time for the 1500M/1650Y Free or 800M/1000Y Free to swim this event.

Current COVID-19 guidelines and host teams will determine the process for lap counters allowed.

- Relays:** Teams may enter a maximum of 2 relays per event. All relays will be Timed Finals. All relays will be conducted slowest to fastest.
- Relays will be seeded by submitted times. Relays submitted with no time will not be accepted.
- Relay sheets are to be turned in to the meet admin before the team's heat begins. Relay sheets that are improperly filled out will result in the team being fined \$25 per infraction, payable prior to swimming the next event.
- Relay-only swimmers must be entered on your roster in OME.
- Entry Fees:** Fees for individual events are \$5.00 each. Fees for relay events are \$12.00 each. A \$15.00 surcharge will be assessed each athlete who participates in the Championship Meet.
- Club checks should be made payable to "Louisiana Swimming, Inc."
- Meet Entries:** The USA Swimming Online Meet Entry (OME) will be used for all meet entries (www.usaswimming.org/ome). The deadline to submit entries is Tuesday, July 6, 2021 by 11:59 p.m. CST.
- OME is not an eligibility report. It is the coach's responsibility to know which events your athlete is qualified. You can modify your entry online by adding to the original entry. You may not delete an online entry once it has been submitted. Once you complete your online entry, you will be sent an email confirmation. Please file this and have accessible during the meet in the event they are needed for reference.
- Entry questions should be directed to Sarah Landreneau: laswimmingmeets@gmail.com, 337-308-0040.
- Proof of Time:** SWIMS, the national times database of USA Swimming will be used for proof of times. Times from USA Swimming sanctioned and observed competitions (including high school championship meets) may be used as qualifying times. All individual entry times must be proven prior to the event through the SWIMS database. No swimmer will be permitted to swim without said proof of time through OME or when necessary, providing alternate proof of time to the LSC Registrar for verification.
- Qualifying times have been established in both yards and meters.
- Seeding:** The seeding order is long course meters (LCM), short course meters (SCM), and short course yards (SCY).
- Late Entries:** Swimmers may be entered after the OME deadline. Additional events may also be added for swimmers already in the meet. Entries will be added into open lanes of the pre-seeded events. Swimmers will be able to enter positive check-in events prior to check-in deadline. The deadline to submit a late entry will coincide with the deadline for that day's sign-in event. These entries will be accepted on a first come first served basis. The late entry fee will be the meet surcharge plus \$150.00 per event. An additional \$150.00 must be paid to be relay eligible.
- Scratch Procedures:** This meet will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations.

Coaches must declare a false start/scratch of the athlete in the preliminary event. The penalty for failure to compete in an individual preliminary heat in which a swimmer is entered and has not been scratched will be that the team's coach must confirm all future swims for that swimmer with the Clerk of Course or Meet Referee.

Meet Scoring: Scoring will be on a sixteen (16) place basis.

Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1.

Relay events receive double these point values per place.

All participants competing in the 12&U 400M Free, 14&U 800M Free, and 14&U 1500M Free are scored together as a single age group.

Awards: Individual and relay awards will be given for all athletes scoring points and distributed to teams at the conclusion of the meet.

Overall team championship awards will be awarded to 1st through 8th places.

For individual events, medals will be awarded to the 1st through 8th places; ribbons will be awarded to 9th through 16th places; and "All State" patches will be awarded to 1st through 3rd places.

For relays, medals will be awarded to 1st through 3rd places; ribbons will be awarded to 4th through 8th places; and "All State" patches will be awarded to 1st through 3rd places.

Individual High Point awards will be awarded to the male and female swimmer of each age group who accumulates the highest number of points.

Damon McCoy Swimmer of the Meet Award

This award will be presented to one outstanding male and one outstanding female swimmer following the final event on Sunday evening.

Ed Kelly Spirit Award

This award is presented to the team who demonstrates not only great spirit through team cheers, signs, etc., but also good sportsmanship.

Every team has two votes to cast by Sunday evening. The Meet Referee as well as five other randomly chosen officials will each have two votes to be counted in the final tally. Meet officials will be randomly chosen prior to the Thursday night session. Ballots will be handed out at the end of preliminaries on Sunday and should be handed in by 6:00 p.m. Sunday to the Meet Director.

**Team Spirit/Sportsmanship Award was initiated by the athlete representatives and issued for the first time at the 1997 Long Course State Meet and is presented at each state meet. This award was initiated to create a more enthusiastic championship meet and encourage fast swimming.*

Results: All results will be available on the Louisiana Swimming website (www.louisianaswimming.org).

Non-Athletes: All coaches, meet directors, referees, starters, and stroke and turn judges, serving in an official capacity must be members of USA Swimming. All non-athletes must be able to provide proof of their registration to the Meet Director or Meet Referee at any time. The Meet Director and Meet Referee reserve the right to deny deck access if the coach does not comply or is no longer currently registered.

Coaches will be required to check-in each day in order to verify the credentials of their team's coaches in order to receive the day's heat sheets and/or relay sheets.

Volunteers: In collaboration with Louisiana Swimming designated officers, each host site will determine the volunteer assignments based on need and current COVID-19 guidelines. Teams will be notified after entries are submitted of any assigned volunteer positions to be filled. If unable to fulfill the assigned requirements, teams must submit a statement with their entries outlining which responsibilities they can fulfill, and which they cannot fulfill. If necessary, final resolution of problems concerning these responsibilities will be made at the coordination meeting on Thursday night. If you are unable to provide workers for your assigned positions, please **notify the Meet Referee in writing prior to the meet** starting. State the reasons you will be unable to comply. Teams failing to comply with these assignments will be subject to any or all of the following: \$100.00 fine and still required to provide officials/timers or expulsion from the meet with no return of entry fees.

Meet Officials: Each participating team shall provide officials or assume various responsibilities as outlined on the Work Assignments.

Officials Recertification: This meet has been designated for USA Swimming official's recertification and possible national certification. The required briefings will be held 45 minutes in advance of each session.

Official's LSC Recertification Clinic will be held between preliminary and finals on Saturday. Stroke and Turn Certification Clinic will be conducted between sessions on Sunday.

Louisiana State Championship Meet Committee:

A committee that includes the General Chair, Admin Vice-Chair, Senior Chair, Age Group Chair, and Technical Planning Chair has been created to assist each host team with administrative duties regarding the current multi-site State meet proposal. This committee will hold a meeting with the Meet Referee and Meet Director of each site to discuss a common direction for conducting the 2021 Louisiana State Championships.

Coaches Meeting: If required, a coaches meeting will be held on Thursday before the first session at 5:45 p.m. in the hospitality room. If required, there will be a meeting of the coaches prior to the start of each session.

If necessary, coaches should be ready to attend a meeting regarding the Long Course State Meet and any other appropriate business.

Athlete's Rep: If necessary, there will be a meeting of all athletes during the meet.

Order of Events

| Female | | | Male |
|---|-----------|---------------------|-----------|
| Event No. | Age Group | Event | Event No. |
| THURSDAY | | | |
| <i>Session #1: Open warm-up at 4:00 p.m. Meet starts at 5:00 p.m.</i> | | | |
| 1 | 14&U | 1500 Freestyle | 2 |
| FRIDAY | | | |
| <i>Session #2: Warm-ups and session start times TBD.</i> | | | |
| 3 | 10&U | 200 Freestyle Relay | 4 |
| 5 | 10&U | 100 Backstroke | 6 |
| 7 | 10&U | 50 Butterfly | 8 |
| 9 | 10&U | 200 Freestyle | 10 |
| <i>Session #3: Warm-ups and session start times TBD.</i> | | | |
| 11 | 12&U | 200 Freestyle Relay | 12 |
| 13 | 11-12 | 100 Backstroke | 14 |
| 15 | 11-12 | 50 Butterfly | 16 |
| 17 | 11-12 | 200 Freestyle | 18 |
| <i>Session #4: Warm-ups and session start times TBD.</i> | | | |
| 19 | 14&U | 200 Freestyle Relay | 20 |
| 21 | 13-14 | 400 IM | 22 |
| 23 | 13-14 | 100 Backstroke | 24 |
| 25 | 13-14 | 200 Butterfly | 26 |
| 27 | 13-14 | 200 Freestyle | 28 |
| 29 | 14&U | 400 Freestyle Relay | 30 |
| SATURDAY | | | |
| <i>Session #5: Warm-ups and session start times TBD.</i> | | | |
| 31 | 10&U | 200 Medley Relay | 32 |
| 33 | 10&U | 100 Freestyle | 34 |
| 35 | 10&U | 50 Breaststroke | 36 |
| 37 | 10&U | 100 Butterfly | 38 |
| <i>Session #6: Warm-ups and session start times TBD.</i> | | | |
| 39 | 12&U | 200 Medley Relay | 40 |
| 41 | 11-12 | 100 Freestyle | 42 |
| 43 | 11-12 | 50 Breaststroke | 44 |
| 45 | 11-12 | 100 Butterfly | 46 |
| 47 | 12&U | 400 Freestyle | 48 |
| <i>Session #7: Warm-ups and session start times TBD.</i> | | | |
| 49 | 14&U | 200 Medley Relay | 50 |
| 51 | 13-14 | 100 Freestyle | 52 |
| 53 | 13-14 | 200 Breaststroke | 54 |
| 55 | 13-14 | 100 Butterfly | 56 |
| 57 | 13-14 | 400 Freestyle | 58 |
| 59 | 14&U | 400 Medley Relay | 60 |

| SUNDAY | | | |
|---|-------|-----------------------|----|
| <i>Session #8: Warm-ups and session start times TBD.</i> | | | |
| 61 | 14&U | 800 Freestyle | 62 |
| <i>Session #9: Warm-ups and session start times TBD.</i> | | | |
| 63 | 10&U | 200 Individual Medley | 64 |
| 65 | 10&U | 100 Breaststroke | 66 |
| 67 | 10&U | 50 Backstroke | 68 |
| 69 | 10&U | 50 Freestyle | 70 |
| <i>Session #10: Warm-ups and session start times TBD.</i> | | | |
| 71 | 11-12 | 200 Individual Medley | 72 |
| 73 | 11-12 | 100 Breaststroke | 74 |
| 75 | 11-12 | 50 Backstroke | 76 |
| 77 | 11-12 | 50 Freestyle | 78 |
| <i>Session #11: Warm-ups and session start times TBD.</i> | | | |
| 79 | 13-14 | 200 Individual Medley | 80 |
| 81 | 13-14 | 100 Breaststroke | 82 |
| 83 | 13-14 | 200 Backstroke | 84 |
| 85 | 13-14 | 50 Freestyle | 86 |