



# 2021 LOUISIANA SWIMMING 15 & OVER LONG COURSE STATE CHAMPIONSHIPS

July 8-11, 2021

**Sponsor:** Louisiana Swimming, Inc.

**Host Team:** YMCA of Northwest Louisiana

**Sanction:** Sanction #TBD 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:** John Janszen- [jjanszen@ymcanwla.org](mailto:jjanszen@ymcanwla.org)

**Meet Referee:** Ty Dolese- [ty.dolese@gmail.com](mailto:ty.dolese@gmail.com), 504-812-7631

**Date & Time:** Thursday, July 8 through Sunday, July 11, 2021

Thursday night open warm-ups will begin at 4:30 and the meet will start at 6:00.

Warm-up times for Prelim/Final sessions are dependent upon the meet size and will be posted prior to the meet. Warm-up times and meet start times are subject to change due to meet size.

Preliminary Sessions will start at 9:30 a.m. or earlier depending on meet size.

Finals sessions will start at 5:00 p.m. with open warm-ups from 3:30 – 4:20 p.m. and controlled warm-ups from 4:20 – 4:50 p.m.

**Location:** BHP Billiton YMCA, 3455 Knight Street, Shreveport, LA 71105

**Facility:** Indoor 50 meter pool pool by paddock with non-turbulent lane lines. The competition course has not been certified in accordance with 104.2.2C (4). Electronic timing is provided for all 8 lanes. There is a 3-lane warm-up pool adjacent to the main pool. Starting blocks with wedges at both ends. FINIS backstroke wedges at the Scoreboard End. Colorado Relay Judging Pads (not used for relay false start confirmation) with LED Speed lights at the start will be on each State End block.

The water depth in the west end at the start is 9'. At the turn end, the depth is 8'.

## Locker Rooms/Bathrooms

**Swimmers:** May use the Locker Rooms and/or Individual/Family Bathrooms

**Spectators/Coaches/Officials:** To ensure athlete safety and compliance with USA Swimming/Safe Sport - May use the Individual/Family Bathrooms and provided Porta-Potties outside. **May NOT use the Locker Rooms.**

**Spectators**

Spectators will be permitted inside the venue in designated areas only. Bleachers will be reserved at both ends of the pool closest to the doors for spectators to enter and watch races of their swimmers. Spectators must remain outside when not watching a specific race. Commercial grade tents will be provided outside the East and West ends of the pool. Spectators are permitted to bring their own pop-up tents & chairs. Spectators are not permitted to sit in the pool area for the duration of any session. Spectators are not permitted, at any time, behind the starting blocks at either end, under the scoreboard, or in the area of the starter/referee and Admin/Computer table.

**Timing:**

Colorado automatic timing with video scoreboard display will be the primary system. Secondary system will be manual – electronic with two buttons per lane. Tertiary system will be two stopwatches per lane. Split active touchpads will be on the walls at both ends of each lane.

**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 2020 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 (at either end), 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) any time athletes, coaches, officials and/or spectators are present.

**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 8, 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 1 relay per session with a maximum of 6 relays.

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

***The entry limit is 6 individual events total if an athlete participates in either, or both, the Age Group and Senior State Championships.***

**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.

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.

**Format:** Preliminaries and Finals will be contested in all individual events except for the following which will be Timed Finals: 800 Free and 1500 Free.

Finals with four heats (A-D) will be held for events 200 yards and shorter. The "D" Final will be non-scoring.

Finals with 3 heats (A-C) will be held for both the 400 IM and 400 Free.

All Finals heats will each contain a maximum of eight swimmers, whenever possible.

The heat sheet for Finals events will list two alternates. If additional alternates are required, they will be pulled sequentially from the Preliminary results.

There will NOT be a ready room utilized for all individual finals events.

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.

800M Free

The 800M Free will be swum on Thursday night conducted fastest to slowest 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 1000Y/800M Free or 1650Y/1500M Free to swim this event.

### 1500M Free

The Top 4 female and male swimmers in the 1500M Free will compete together as the “Final” heat of this event to be contested as the first event of the Sunday night Finals session. All other heats of the 1500M Free will be contested 10 minutes after the conclusion of the Preliminaries on Sunday. This event will be contested fastest to slowest and mixed gender. This is a positive check-in event. All swimmers must sign in and declare preference to swim in either the AM or PM session by the sign-in deadline. Swimmers must have the qualifying time for the 1650Y/1500M Free or 1000Y/800M Free to swim this event.

**800M Free and 1500M Free swimmers are to provide their own timers and counters with the exception of the final heat of the 1500M on Sunday evening (1500M Finals will need a counter).**

**Relays:** Teams may enter a maximum of 2 relays per event (1 Mixed Relay per Team). All relays will be Timed Finals.

200 Free and 200 Medley relays will be competed in the Preliminary sessions. Relays in the morning Preliminary sessions will be contested slowest to fastest.

200 Mixed Free, 400 Free, 400 Medley and 800 Free relays will be competed in the Finals sessions. Relays in the evening Finals sessions will be contested slowest to fastest.

Relays will be seeded by submitted times. Relays submitted with no times will not be accepted.

Relay sheets are to be turned into the admin table 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 “**YMCA of Northwest Louisiana**”

**Meet Entries:** The USA Swimming Online Meet Entry (OME) will be used for all meet entries ([www.usaswimming.org/ome](http://www.usaswimming.org/ome)). The deadline to submit entries is Tuesday June 29, 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](mailto:laswimmingmeets@gmail.com), 337-308-0040.

### **Special Needs**

**Entries:** Swimmers with special needs may participate in this meet in the following events: 100 backstroke, 100 butterfly, 100 freestyle, 100 breaststroke, and 50 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](mailto: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 meters and yards.

**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.

The Scratch Rule regarding confirmation of swimmers for all Finals heats and for positive check-in Timed Finals will be implemented. Any finalist who fails to compete in any Finals heat, or any positive check-in Timed Final event, for which they qualified and failed to scratch with the Clerk of Course or Meet Referee prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations.

**Meet Scoring:** Scoring will be on a twenty-four (24) place basis.

Individual events:

Place 1-8: 32, 28, 27, 26, 25, 24, 23, 22;  
Place 9-16: 20, 17, 16, 15, 14, 13, 12, 11;  
Place 17-24: 9, 7, 6, 5, 4, 3, 2, 1.

Relay events receive double these point values per place.

**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, Event caps and "All State" patches will be awarded to the 1st through 3rd places.

Individual High Point awards will be awarded to the male and female swimmer who accumulates the highest number of individual 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](http://www.louisianaswimming.org)).

**Non-Athletes:** All coaches, meet directors, referees, starters, and stroke and turn judges, serving in an official capacity must be current members of USA Swimming. All non-athletes must provide proof of their registration to the Meet Director or designee at any time. The Meet Referee reserves the right to ask for a coach's credentials and 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.

**Meet Officials:** Each participating team shall provide officials or assume various responsibilities as outlined on the Work Assignments. 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. 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 **Ty Dolese in writing prior to the meet starting**. State the reasons you will be unable to comply.

**Ty Dolese (Meet Referee) email:** [ty.dolese@gmail.com](mailto:ty.dolese@gmail.com).

**Coaches Meeting:** If required, a coaches meeting will be held on Thursday before the first session at 5:45 p.m.

If required, there will be a meeting of the coaches prior to the start of each session.

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

**Concessions:** Drinks will be sold  
Food trucks will be on site

**Hospitality:** Will be provided for Coaches & Officials

## Order of Events

Female			Male
Event No.	Age Group	Event	Event No.
<b>THURSDAY</b>			
<i>Timed Finals: Open warm-up at 4:30 p.m. Meet starts at 6:00 p.m. There will be a 10 minute break after events 1 and 2.</i>			
1	15&O	800 Freestyle	2
3	15&O	800 Freestyle Relay	4
<b>FRIDAY</b>			
<i>Prelims: Warm-up start dependent on meet size. Meet starts at 9:30 a.m. (or earlier due to meet size) Finals: Warm-up at 3:30 p.m. (50 minutes open and 30 minutes controlled). Meet starts at 5:00 p.m.</i>			
5	15&O	100 Backstroke	6
7	15&O	200 Freestyle	8
9	15&O	100 Butterfly	10
11	15&O	400 IM	12
<i>In Prelims, there will be a 10 minute break after event 12.</i>			
13	15&O	200 Medley Relay (TF in Prelims)	14
<i>In Finals, there will be a 10 minute break after event 12.</i>			
15	15&O	400 Freestyle Relay (TF in Finals)	16
<b>SATURDAY</b>			
<i>Prelims: Warm-up start dependent on meet size. Meet starts at 9:30 a.m. (or earlier due to meet size) Finals: Warm-up at 3:30p.m. (50 minutes open and 30 minutes controlled). Meet starts at 5:00 p.m.</i>			
17	15&O	200 Butterfly	18
19	15&O	100 Freestyle	20
21	15&O	200 Breaststroke	22
23	15&O	400 Freestyle	24
<i>In Prelims, there will be a 10 minute break after event 24.</i>			
25	15&O	200 Freestyle Relay (TF in Prelims)	26
<i>In Finals, there will be a 10 minute break before event 24.</i>			
27	15&O	400 Medley Relay (TF in Finals)	28
<b>SUNDAY</b>			
<i>Prelims: Warm-up start dependent on meet size. Meet starts at 9:30 a.m. (or earlier due to meet size) Finals: Warm-up at 3:30p.m. (50 minutes open and 30 minutes controlled). Meet starts at 5:00 p.m.</i>			
31	15&O	200 Individual Medley	32
33	15&O	100 Breaststroke	34
35	15&O	200 Backstroke	36
37	15&O	50 Freestyle	38
<i>In Prelims, there will be a 10 minute break after event 38 and before the start of events 29 and 30.</i>			
29	15&O	1500 Freestyle	30
<i>In Finals, there will be a 10 minute break before event 39.</i>			
39	15&O	200 Mixed Free Relay (TF in Finals)	28