



2021 LOUISIANA SWIMMING SHORT COURSE STATE CHAMPIONSHIPS

March 25-28, 2021

- Sponsor:** Louisiana Swimming, Inc.
- Host Team:** Multiple Host Teams.
- Sanction:** Sanction #2021-03- . Sanction to be applied for by each host team.

As a condition of this sanction, Louisiana Swimming, Inc. (LSI) 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 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.

In collaboration with the Louisiana State Meet Committee, all swim meet procedures must be reviewed and approved prior to distribution. A Zoom meeting will be held for all host site Meet Directors and Meet Referees shortly after host sites are determined.

Assumption of Risk Disclaimer:

LSI 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 RISKS 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 ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNSEEN, IN CONNECTION THEREWITH.

Meet Director: TBD by host team.

Meet Referee: TBD by host team.

Date & Time: Thursday through Sunday, March 25-28 2021.

Warm-up times for all 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 and current COVID-19 guidelines. Each host team will be able to determine the necessary start times for all sessions.

Location: Multiple Sites.

Facility: TBD- unique host sites.

Timing: TBD- unique host sites.

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

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.

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.

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”.

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.

Warm-ups: In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall 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. During the competition, there will be lanes available for continuous warm-up/down (if available). **There is to be no diving or horseplay in this area.**

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.

Format: This meet is a LSC “closed” championship event.

This meet has been exempt from the 4-hour rule.

All individual and relay events will be seeded slowest to fastest and conducted as Time Finals.

At the discretion of the Meet Referee, the any session may use fly-over starts.

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

Eligibility: No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. Entries listed as “Registration Applied For” will not be accepted. **There will be no on deck registration available at this meet.**

Swimmers must have current 2021 USA registration, be a member of Louisiana Swimming and have achieved the current Louisiana state qualifying time standards from July 1, 2019 through the meet entry deadline. Adult Athletes must hold current APT certification to compete.

Age as of March 25, 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 6 relays for 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 SC 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 500/1000/1650 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.

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.

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

1000Y Free

The 1000Y Free will be swum on Thursday conducted slowest to fastest and mixed gender. This is a positive check-in event? Swimmers must have the qualifying time for the 1000Y/800M Free or 1650Y/1500M Free to swim this event.

1650Y Free

The 1650Y Free will be swum on Sunday conducted slowest to fastest and mixed gender. This is a positive check-in event? Swimmers must have the qualifying time for the 1000Y/800M Free or 1650Y/1500M Free to swim this event.

Relays: Teams may enter a maximum of 2 relays per event.

All relays will be Timed Finals to be contested slowest to fastest. Relays will be seeded by submitted times. Relays submitted with no times will not be accepted.

Senior Mixed 200 Free Relay: Each team may enter only one relay team. Relay teams must contain two female/two male swimmers.

Relay sheets are to be turned into the admin office 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 (\$3 remains with the host team). The Louisiana Swimming athlete surcharge is non-refundable in the case of cancellation (\$5 remains with the host team in the event of a cancellation).

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 Monday, March 15, 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.

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.

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 short course yards (SCY), long course meters (LCM), and short course meters (SCM). Non-conforming times and Bonus swims will be seeded last.

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 positive check-in Timed Finals will be implemented. Any finalist who fails to compete in 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 sixteen (16) place basis.

Individual events:	Place 1-8:	20, 17, 16, 15, 14, 13, 12, 11;
	Place 9-16:	9, 7, 6, 5, 4, 3, 2, 1.

Relay events receive double these point values per place.

Scoring will be made official once the verified results from each location are received and processed.

Awards: Individual and relay awards will be mailed to the club teams at the conclusion of the meet processing.

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

For individual events, "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 in each designated age group.

Damon McCoy Swimmer of the Meet Award

This honor will be awarded to one outstanding male and one outstanding female swimmer following the conclusion of the meet processing.

Ed Kelly Spirit Award (*suspended for 2021 State Championships*)

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

**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 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.

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 in 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 SC State Championships.

Coaches Meeting: If required, a coaches meeting will be held on Thursday before the first session start time. 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.

Waiver/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. **TEAM HOST, FACILITY**, 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

Female			Male
Event No.	Age Group	Event	Event No.
THURSDAY			
1	Senior	1000 Freestyle	2
3	Senior	800 Freestyle Relay	4
FRIDAY			
5	10&U	200 Medley Relay	6
7	12&U	200 Medley Relay	8
9	14&U	200 Medley Relay	10
11	Senior	200 Medley Relay	12
13	10&U	100 Backstroke	14
15	11-12	100 Backstroke	16
17	13-14	100 Backstroke	18
19	15&O	100 Backstroke	20
21	10&U	200 Freestyle	22
23	11-12	200 Freestyle	24
25	13-14	200 Freestyle	26
27	15&O	200 Freestyle	28
29	10&U	100 Butterfly	30
31	11-12	100 Butterfly	32
33	13-14	100 Butterfly	34
35	15&O	100 Butterfly	36
37	10&U	100 IM	38
39	11-12	100 IM	40
41	13-14	400 IM	42
43	15&O	400 IM	44
45	Senior	400 Freestyle Relay	46
SATURDAY			
47	10&U	200 Freestyle Relay	48
49	12&U	200 Freestyle Relay	50
51	14&U	200 Freestyle Relay	52
53	Senior	200 Freestyle Relay	54
55	10&U	50 Butterfly	56
57	11-12	50 Butterfly	58
59	13-14	200 Butterfly	60
61	15&O	200 Butterfly	62
63	10&U	100 Freestyle	64
65	11-12	100 Freestyle	66
67	13-14	100 Freestyle	68
69	15&O	100 Freestyle	70
71	10&U	50 Breaststroke	72
73	11-12	50 Breaststroke	74
75	13-14	200 Breaststroke	76
77	15&O	200 Breaststroke	78
79	12&U	500 Freestyle	80
81	13-14	500 Freestyle	82

83	15&O	500 Freestyle	84
85	Senior	400 Medley Relay	86
SUNDAY			
87	Senior	1650 Freestyle	88
89	10&U	200 IM	90
91	11-12	200 IM	92
93	13-14	200 IM	94
95	15&O	200 IM	96
97	10&U	100 Breaststroke	98
99	11-12	100 Breaststroke	100
101	13-14	100 Breaststroke	102
103	15&O	100 Breaststroke	104
105	10&U	50 Backstroke	106
107	11-12	50 Backstroke	108
109	13-14	200 Backstroke	110
111	15&O	200 Backstroke	112
113	10&U	50 Freestyle	114
115	11-12	50 Freestyle	116
117	13-14	50 Freestyle	118
119	15&O	50 Freestyle	120
121	Senior	200 Mixed Free Relay	---

*****Each host site/host team will have the authority to determine daily session breakdown to comply with current COVID-19 guidelines. Host teams will be able to determine warm-up start time and length, session start time, and any pre-determined event starting interval necessary to allow swimmers fair time to compete at their optimal level.**

Events are to be conducted within the day set forth in this document. Order of events within a session are not to be changed with the exception of placement of the 1650 Free. Any requested changes to the operation of this championship event are subject to approval by the Louisiana Swimming State Meet Committee.

COVID-19 MEET PLAN

Face Coverings: All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules.

Local Protocols: To be completed by each host team.

Entry & Exit Procedures: To be completed by each host team.

Swimmer Limitations: To be completed by each host team.

Spectator Limitations: To be completed by each host team.

Parental Access For Safe Sport: To be completed by each host team.