

-All meet directors, referees, starters, and stroke and turn judges, serving in an official capacity must be members of USA Swimming.

-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 injury to anyone during the conduct of the event.

-Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

-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 times athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Crawfish Aquatics Meet Director.

Pool Measurement and Depth

-The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

The water depth as measured for 1 meter from the wall to 5 meters from the wall is as follows:

Start End: 13' Turn End: 4'

Eligibility

-Swimmers in the 9-10 or 11 & O age group that have more than two (2) 2022 LA State Qualifying times are not permitted to enter. 8 & Under swimmers with state qualifying times are permitted.

-No entrant will be permitted to compete unless the entrant is a member of USA Swimming as provided in Article 302.

-Swimmer's age as of July 23, 2022 determines age for the meet.

-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.

Conduct

-All events are timed final events, swum slowest to fastest.

-Event Limit- 3 Individual and 1 Relay per session.

-Each team may enter an A and B relay per event.

-There will be a 3 to 5 minute break following the relay events in each session. Duration of the break will be announced per session.

Entry Deadline

-This meet will be limited to Crawfish Aquatics only swimmers.

-Entries are accepted on a first come basis and entry file is required to reserve a spot in the meet. Once entry limit is reached the meet will be closed.

-All meet entries are due by Monday, July 18, 2022.

-Deck entries will be accepted at the discretion of the Meet Director and the fee is double and payable at the time of entry. This includes ANY changes from one event to another during the meet.

Entry Fees

\$5 per event, \$12 per relay

\$10 Swimmer Surcharge

- \$5.00 LA Swimming swimmer surcharge,

- \$5.00 facility charge (per swimmer, includes digital heat sheet)

Scoring

Single Age Ranking & Scoring: 13 & Older, 11-12yr, 10yr, 9yr, 8yr, 7yr, 6yr, 5 & U

Individual: 9, 7, 6, 5, 4, 3, 2, 1

Relays: 18, 14, 13, 12, 11, 10, 9, 8

Awards

- High Point Award for each Female, Male from each age group (10yr, 9yr, 8yr, 7yr, 6yr, 5 & U)
- Awards for places 1-8 (individual and relay)

Meet Program

The meet program ("heat sheet") will be posted online (www.crawfishaquatics.com) and through the Meet Mobile app the Thursday prior to the meet. There will not be any meet program sales at the event.

Timing Assignments

- Each team will provide timers in proportion to meet entries in a session.
- Timers will report 10 minutes prior to the start of each session.

Warm-up & Procedures

- Lane assignments to be announced prior to the start of warm-up.
- USA Swimming rules require that all warm-ups must be closely supervised by a certified USA Swimming coach or team representative. The Meet Referee shall assist the athlete in making arrangements for such supervision.

Deck Changing:

Changing into or out of swimsuits other than in locker rooms or other designated areas is not permitted.

ORDER OF EVENTS

Session 1: 11 & Older		
Girls	Event	Boys
1	11 & O 200 Freestyle Relay	2
3	11 & Over 100 yd IM	4
5	11 & Over 50 yd Freestyle	6
7	11 & Over 50yd Butterfly	8
9	11 & Over 50yd Backstroke	10
11	11 & Over 50yd Breaststroke	12
13	11 & Over 100yd Freestyle	14
Session 2: 6 & Under		
Girls	Event	Boys
15	6 & U 100 Free Relay	16
	5 minute break	
17	6 & U 25 Free	18
19	6 & U 25 Fly	20
21	6 & U 50 Free	22
23	6 & U 25 Back	24
25	6 & U 25 Breast	26

	Session 3: 8 & Under	
Girls	Event	Boys
27	8&Under 100 Free Relay	28
	5 minute break	
29	7-8 Yr 100 yd IM	30
31	7-8 Yr 25 yd Freestyle	32
33	7-8 Yr 25 yd Butterfly	34
35	7-8 Yr 50 yd Freestyle	36
37	7-8 Yr 25 yd Backstroke	38
39	7-8 Yr 25 yd Breaststroke	40
	Session 4: 9-10yrs	
Girls	Event	Boys
41	10&Under 100 Free Relay	42
	5 minute break	
43	9-10 Yr 100 yd IM	44
45	9-10 Yr 25 yd Freestyle	46
47	9-10 Yr 25 yd Butterfly	48
49	9-10 Yr 50 yd Freestyle	50
51	9-10 Yr 25 yd Backstroke	52
53	9-10 Yr 25 yd Breaststroke	54

Condition of Sanction

As a condition of this sanction, HOST TEAM 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 HOST TEAM 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

The HOST CLUB 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 Waiver

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.

CRAWFISH AQUATICS COVID 19 MEET PLAN

FACE COVERINGS AND SOCIAL DISTANCING

All meet participants – coaches, officials, administrators, athletes (between events), spectators and vendors must wear face coverings and comply with mandated social distancing and mass gathering rules whether inside or outside. All participants are asked to maintain social distancing, six feet of space, in addition to masking to help mitigate risk as well.

LOCAL PROTOCOLS

Currently, there are no protocols existing that are more strict than state guidelines, thereby the state guidelines will be the main determinant for deciding facility protocol. These guidelines include but are not limited to: wearing of face coverings, occupant capacity, social distancing rules and safety rules, and pool rules that come directly from CDC guidance for aquatic facilities. As those are changing regularly and might change prior to actually hosting a competition the links are provided here:

<https://opensafely.la.gov/PublicLinks.aspx>

<https://opensafely.la.gov/DownloadFile.ashx?ID=40&TBL=tblPubliclinks>

We are consistently monitoring East Baton Rouge Guidelines as well and will update our protocol should more stringent measures be placed in our local municipality. Those can be found here:

<https://www.brla.gov/2177/City-Parish-COVID-19-Guidelines>

MEET PROCEDURES

** This section includes our ENTRY & EXIT PROCEDURES*

Pre Meet

- Screening
 - All participants are required to complete pre meet health screening questionnaire
- Athletes must come dressed in suit and ready to participate
 - Locker Rooms will not be available for changing into/out of suits in order to minimize congregating

Warm Up/Warm Down

- Pre Meet warm up will be assigned for all participants
 - lanes will be limited to 4 athletes per lane spread apart socially distant with a minimum of 6 feet of space between them
 - If dives (one way sprints) are permitted the athletes must be 6 feet apart when standing on deck
- Entry / Exit
 - Athletes on the competition end will be required to enter through the back hallway and exit through the garage doors
 - Athletes on the record board side will be required to enter through the first garage door and exit there as well
 - There will be a minimum of a five minute break between warm up sessions to permit all athletes to exit pool area prior to the next group entering for their warm up session
- Pre/Post Race Warm up and Warm Down will be permitted
 - will be available with a maximum of 4 athletes per lane
 - all athletes are required to be moving the entire time
 - the area will be monitored and patrolled by meet marshalls

Clerk of Course

- Athletes must report to the queuing area outside of the facility back hallway for heat check in, 3 heats prior to their heat.
- Masks must be worn when entering the facility for their race. Social distancing will be maintained at all times. Storage bins for masks will not be provided- swimmers wearing masks to the blocks should plan accordingly (bring a ziplock bag to place it in during the race, etc.).

Racing Procedures

- Two heats of individual events at a time will line up in the back hallway. As one heat moves to the indoor pool area for their race, another heat will enter the building and get into lane order position (in lane order 1 to 8).
 - Spaces have been marked as to where to stand
 - Two meet marshalls will help control flow and traffic of competing athletes
- Only one heat will be in the indoor competition pool area at a time (the heat in the water).
- Athletes will go through normal procedures to step up on the block and start the race.
- Following the race, swimmers will exit the pool and walk along the garage door side of the facility and exit at the farthest set of garage doors, maintaining social distance.

Distance Races

Individuals serving as lap counters must wear masks to count for athletes competing. Lap counters will not be sanitized between races, only between sessions.

Relay Events

Relay events are not being offered at this time. Procedures will be updated if relays are added into the competition.

Viewing Races

- All garage doors will remain open the entire meet with yellow ropes to mark off the interior and exterior of the indoor pool area.
- Athletes and spectators will be permitted to go to yellow ropes marking off the interior and exterior of the indoor pool area to watch races & cheer for teammates:
 - While maintaining social distancing
 - Wearing masks
 - Policing themselves by sharing spaces with other competing teams/athletes
- Live streaming will be available to view the competition

Post Meet

- Full Results and Scores will be posted online following the meet
- Results will be posted to Meet Mobile during the meet (as frequently as possible)
- All shared equipment (i.e. chairs, watches, clipboards, official's equipment), locker rooms & portable toilets will be sanitized)

Additional Items

- Concessions will not be provided at this time- please plan accordingly
- Restrooms
 - Portable Toilets are outside and available for usage