



Crawfish Aquatics

2023 LA Long Course Invitational

Crawfish Aquatics Pool, Baton Rouge, LA

May 19-21, 2023

Meet Sanction and Host Team

This meet is sanctioned by Louisiana Swimming, Inc., Sanction #
Crawfish Aquatics, LLC Meet Host

Condition of Sanction

As a condition of this sanction, Crawfish 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 Crawfish 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

Crawfish 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.

Meet Administration

Erik Cooper Meet Referee
OJ Mesina Meet Director, meets@crawfishaquatics.com

Meet Schedule

*****Schedule will be confirmed the week of the meet*****

Session 1	Friday	warm-up: 4:00-4:30pm; 4:35-5:05pm	meet: 5:15pm
Session 2	Saturday, 13 & Older	warm-up: 7:15-7:45am; 7:50-8:20am	meet: 8:30am
Session 3	Saturday, 12 & Under	warm-up: 12:15-12:40pm; 12:45-1:10pm	meet: 1:20pm
Session 4	Sunday, 13 & Older	warm-up: 7:15-7:45am; 7:50-8:20am	meet: 8:30am
Session 5	Sunday, 12 & Under	warm-up: 12:00-12:25pm; 12:30-12:55pm	meet: 1:05pm

Facilities

- Crawfish Aquatics, located inside Ketcham Health & Fitness Bldg., campus of Jimmy Swaggart Ministries, 7150 Bluebonnet Boulevard, Baton Rouge, La. 70810
- Parking is located adjacent to the pool and on the side of the building.
- Indoor, heated, eight-lane 50 meter pool with moveable bulkhead (set to 50 meter course). Non- turbulent lane ropes, lane width seven feet.
- Separate warm-up/warm-down area available.
- Colorado 8000 electronic timing system with Infinity starter, touch pads with button and stopwatch backup.

Parking

Crawfish Aquatics parking lot is located off of Anselmo Lane. Do not park in the Ketcham Fitness lot off of Bluebonnet! From Bluebonnet, turn on Anselmo and follow it past the Capitol One Bank. Turn left at the first paved road, Crawfish Aquatics sign. Continue 1/4 mile, the pool is in the first building on the left.

Rules and Meet Regulations

-Conduct of this sanctioned event shall conform in every respect to all technical and administrative 2023 rules of USA Swimming and Louisiana Swimming.

-“Swimmers with a disability as described in the USA Swimming Technical Rules, Article 105, shall be permitted to enter any meet sanctioned by Louisiana Swimming Inc.”

-Coaches and officials (meet directors, referees, starters, and stroke and turn judges) are required to show proof of USA Swimming membership. The Meet referee reserves the right to ask for coach credential display and/or deny deck access if the coach does not comply or the card is no longer valid or current.

- It is understood and agreed that USA Swimming and LA 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.

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

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

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

-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 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: 13’

Eligibility

-The meet is open to USA Swimming-registered swimmers and the entrant must be a USA Swimming member as provided in Article 302.

-Swimmer’s age as of May 19, 2023 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.

Entries- Each swimmer may enter a maximum of:

Friday, Session 1- 2 individual events

Saturday & Sunday- 3 individual events per day

Entry Deadline

-Email entries to meets@crawfishaquatics.com

- This meet will be limited to 400 swimmers.
- Entries are accepted on a first come basis and entry fee is required to reserve a spot in the meet. Once the entry limit is reached the meet will be closed.
- All meet entries are due by Thursday, May 11, 2023.
- Deck entries will be accepted at the discretion of the Meet Director and the fee is double and payable at time of entry. This includes ANY changes from one event to another during the meet.

Entry Fees

- \$4.00 per event
 - \$8.00 LA Swimming swimmer surcharge,
 - \$7.00 facility charge (includes digital heat sheet)
- Fees payable to **Crawfish Aquatics***

Conduct

- All events are mixed gender for seeding.
- All Friday events will be seeded fastest to slowest and require sign in.
- Friday events will be limited entries: 8 heats of each event.

Meet Management Discretion

- Fly Over Starts: may be used for some sessions

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. Coaches will be provided with complimentary meet programs, however there will not be any meet program sales at the event.

Scoring

- No scoring to take place for this meet.

Awards

- No awards will be presented.

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.

Hotel Accommodations for Traveling Participants

See website for booking information and rates: <http://www.crawfishaquatics.com>.

ORDER OF EVENTS

Friday- Session 1			
Mixed	Event Schedule		
1	12 & U 200 IM		
2	13 & O 400 IM		
3	12 & U 200 Free		
4	13 & O 400 Free		
Saturday			
<u>13 & Older- Session 2</u>		<u>12 and Under- Session 3</u>	
Mixed	Event Schedule	Mixed	Event Schedule
5	200 IM	10	200 Fly
6	100 Back	11	100 Free
7	200 Fly	12	50 Breast
8	200 Breast	13	50 Fly
9	100 Free	14	100 Back
		15	200 Breast
Sunday			
<u>13 & Over- Session 4</u>		<u>12 and Under- Session 5</u>	
Mixed	Event Schedule	Mixed	Event Schedule
16	200 Free	21	200 Back
17	100 Fly	22	100 Fly
18	200 Back	23	50 Free
19	100 Breast	24	50 Back
20	50 Free	25	100 Breast
		26	400 Free
		27	400 IM

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 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.

SPECTATOR LIMITATIONS

Spectators are allowed. They will be able to watch the competition from outside the garage doors to limit our indoor count in the facility. There is a black barricade that is blocking them from coming into the facility and on deck. There is also a live stream available and more information can be found on our meet page as the platform and source may change. By having the stream we will have fewer additional people allowing for greater participation by athletes in the competition.

PARENTAL ACCESS FOR SAFE SPORT

Parents are allowed to be at the competition as spectators, meet administration, timers and officials and all safe sport rules documented later are applicable.