



# **LA 2025 Crawfish December Invitational**

## **Crawfish Aquatics Pool, Baton Rouge**

### **December 13, 2025**

#### **Meet Sanction and Host Team**

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

#### **Meet Administration**

Don Webb	Meet Referee
Chris Mahler	Administrator Official
Mathew Mixon	Meet Director, <a href="mailto:meets@crawfishaquatics.com">meets@crawfishaquatics.com</a>
Daniel Zielinski	Safety Marshal

#### **Meet Schedule**

Saturday, December 13. Session 1: Warm Up 8:00am. Meet Begins 8:35am.

Saturday, December 13. Session 2: Warm Up 11:30am. Meet Begins 12:10pm.

*\*All Times subject to change*

#### **Facilities**

-Crawfish Aquatics, located inside Ketcham Health & Fitness Bldg., campus of Jimmy Swaggart Ministries,

**7150 Bluebonnet Boulevard, Baton Rouge, La. 70810**

-Indoor, heated, eight-lane 25 yard pool. Non- turbulent lane ropes, lane width seven feet

-Separate warm-up/warm-down area available.

-Colorado Gen7 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 Capital 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**

-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.

-“Swimmers with a disability as described in the USA Swimming Technical Rules, Article105, 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reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid or current.

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

-All coaches and officials MUST constantly display their current USA Swimming credential or be prepared to present their USA Swimming ID card as proof of their registration to the Meet Director or designee at any time. The meet referee reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid or current.

-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.

### **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**

-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 December 13, 2025 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. Meet Management reserves the right to combine female/male events.

-Event Limit- 3 Individual Per Session. Can Only Swim in One Session.

-Scratches: There will be no penalty for scratching pre-seeded events at the block.

### **Entry Deadline**

-The meet is open to invited USA Swimming-registered 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 Thursday, December 4, 2025..

-Deck entries will be accepted at the discretion of the Meet Director and the fee is \$10 per event payable at the time of entry. Surcharge and Facility Charges will apply if the athlete is not already in the meet. This includes ANY changes from one event to another during the meet.

<b><u>Entry Fees</u></b>	\$4.00 per event
	\$5.00 LA Swimming swimmer surcharge,
	\$8.00 facility charge (per swimmer, includes digital heat sheet)

### **Meet Program**

The meet program ("heat sheet") will be posted online ([www.crawfishaquatics.com](http://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.

### **Scoring**

- There is no scoring for this competition.

### **Awards**

-There are no awards.

### **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.

### **Meet Marshals**

-For Sessions with 250 athletes or less, there is to be a minimum of 1 (one) meet marshal for that session. If there are over 250 athletes in a session, then a minimum of 2 (two) meet marshals will be required in a session (preferable one of each gender).

### **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**

*Events 31, 32, 57 and 58 will be provide your own timer.*

<b>Saturday</b>			<b>Saturday</b>		
<b>Session 1</b>	<b>14 &amp; Under</b>		<b>Session 2</b>	<b>13 and Over</b>	
1	400 IM	2	33	400 IM	34
3	100 IM	4	35	200 Free	36
5	200 Free	6	37	100 Breast	38
7	50 Back	8	39	200 Back	40
9	100 Breast	10	41	100 Fly	42
11	200 Back	12	43	50 Free	44
13	100 Fly	14	45	500 Free	46
15	50 Free	16	47	200 Breast	48
17	200 Breast	18	49	100 Free	50
19	50 Fly	20	51	200 IM	52
21	100 Free	22	53	100 Back	54
23	200 IM	24	55	200 Fly	56
25	100 Back	26	57	1000 Free	58
27	200 Fly	28			
29	50 Breast	30			
31	500 Free	32			

## **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 be provided - please plan accordingly
- Restrooms
  - Portable Toilets are outside and available for use
  - Separate Restrooms Available for Athletes and Spectators
- **LASI Alcohol Policy**  
Alcoholic beverages and the recognition of alcohol sponsors are prohibited in all areas of the venue. Any athlete, coach, volunteer, staff, or spectator found to be in possession of alcohol at a Louisiana Swimming sanctioned event will be barred from the venue for the remainder of the day by the meet director and/or meet referee, or their designee.

## **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.

## **Safe Sport**

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members.

Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy ([www.usaswimming.org/maapp](http://www.usaswimming.org/maapp)) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit [www.usaswimming.org/report](http://www.usaswimming.org/report).

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after [insert first date of the actual competition], who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after [insert same date], who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

LASI Alcohol policy -Alcoholic beverages and the recognition of alcohol sponsors are prohibited in all areas of the venue. Any athlete, coach, volunteer, staff, or spectator found to be in possession of alcohol at a Louisiana Swimming sanctioned event will be barred from the venue for the remainder of the day by the meet director and/or meet referee, or their designee.

**2025 December One day Meet  
Summary Of Fees and Release Form**

Complete and email or mail this form along with entry fees to (checks payable to Crawfish Aquatics):

Crawfish Aquatics  
ATTN: Mathew Mixon  
10522 S. Glenstone Place  
Baton Rouge, LA, 70810  
Email to: crawfishmeets@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$4.00 per event	
Relay Entries		N/A	
Swimmers (LA Swimming & Facility Surcharge)		\$13.00 per swimmer	
<b>Total Fees Due</b>			

**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Louisiana Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Crawfish Aquatics, Crawfish Aquatics Pool, 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. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my 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.

\_\_\_\_\_  
SIGNATURE (Coach or Club Representative)

\_\_\_\_\_  
CLUB

\_\_\_\_\_  
TITLE

\_\_\_\_\_  
DATE