



# LOUISIANA SWIMMING

## AGE GROUP LONG COURSE STATE CHAMPIONSHIPS

### JULY 10-13, 2025

**Sponsor:** Louisiana Swimming, Inc.

**Host Team:** Tiger Aquatics

**Sanction:** Sanction #2025-07-???. 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:** Sarah Landreneau- [laswimmingmeets@gmail.com](mailto:laswimmingmeets@gmail.com)

**Meet Referee:** Lomax Napper- [lomax@marbury.company](mailto:lomax@marbury.company)

**Facility Contact:** Rocky Smith: [rocky@swimtaq.com](mailto:rocky@swimtaq.com)

**Date & Time:** Thursday, July 10 through Sunday, July 13, 2025.

Thursday night "open" warm-ups will begin at 4:00 PM and the meet will start at 5:00 PM.

Warm-up times for Prelim/Final sessions are dependent upon the meet size and will be posted prior to the meet. Teams will be given specific warm-up assignments for each session.

Preliminary Sessions will start at 9:00 AM or earlier depending on meet size.

Finals sessions will start at 5:00 PM. The start of Sunday Finals may begin before 5:00 PM if agreed upon by the Meet Director, Meet Referee and host team.

All times can be modified by the Meet Director, in coordination with the Meet Referee and host team.

**Entry Deadline:** Monday, June 30 by 11:59 PM CST.

**Location:** L.S.U. Natatorium, site of the 1985 National Sports Festival, at the corner of Nicholson Dr. and W. Chimes St, Baton Rouge, LA 70808.

**Facility:** Indoor 50-meter pool at a constant depth of 7 feet with movable bulkheads to make two 8-lane, 25-yard pools with Non-Turbulent lane lines. Paragon starting blocks. A six-lane 25-yard warm-up/warm-down pool is next to the 50-meter pool. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

**Timing:** Daktronics Timing System with 8-lane Daktronics electronic scoreboard will be the primary system. Secondary system will be manual – electronic with two buttons per lane. Tertiary system will be one digital watch per lane with a second watch on first place in each heat.

**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 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, 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 and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**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.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

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.

**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 USA Swimming registration, be a member of Louisiana Swimming and have achieved the current Louisiana State Qualifying time standards from **January 1, 2024** through the meet entry deadline.

**Deck registrations will not be accepted - 202.4.11.F**

Age as of **July 10, 2025** will determine the swimmer's age for the entire meet.

Swimmers entering the 13-14 50M Fly, 50M Back, or 50M Breast will need to have achieved the State Qualifying standard in the corresponding 100 yard or meter distance.

**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 5 relays.

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

**Format:** Preliminaries and Finals will be contested in all individual events except for the following which will be Timed Finals: 10&U 200M Free and 200M IM; 12&U 400M Free; 13-14 400M Free and 400M IM; 14&U 800M Free and 1500M Free.

Finals with two heats (Consolation and Championship) will be held for all Prelims/Finals events. Consolation Finals and Championship Finals heats will each contain a maximum of eight swimmers whenever possible.

The heat sheet for Finals events will list two alternates. Alternates must check in with the Deck Referee and be positioned at the starting area to be eligible for a Finals swim.

The Preliminary events will reserve the right to have two courses based on size of the meet. The courses for each day will be announced prior to the meet.

At the discretion of the Meet Referee, the Preliminary sessions may be conducted using flyover starts.

There will be a ready room utilized for all individual Finals events.

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.

14&U 1500M Free

The 14&U 1500M Free will be swum on Thursday night conducted slowest to fastest and mixed gender. This is a positive check-in event. The Top 4 female and male swimmers in the 1500M Free will compete together as the "Final" heat. Check-in will close at 4:45 PM, or 15 minutes prior to the scheduled session start time (whichever is first) on Thursday, July 10. Swimmers are to provide their own timers and counters. Swimmers must have the qualifying time for the 1500M/1650Y Free or 800M/1000Y Free to swim this event.

13-14 400M IM

The 13-14 400M IM will be a positive check-in event conducted as a Timed Final with the Top 8 seeded swimmers competing in Finals. Check-in will close at 8:45 AM, or 15 minutes prior to the scheduled preliminary session start time (whichever is first) on Friday, July 11.

10&U 200M Free and 200M IM

The fastest two heats (Top 16) of the female and male 10&U 200M Free and 200M IM will be contested in Finals. All other heats will be conducted slowest to fastest in Prelims in the regular event order. Both of these events are positive check-in events. The 200 Free check-in will close at 8:45 AM, or 15 minutes prior to the scheduled preliminary session start time (whichever is first) on Friday, July 11. 200 IM check-in will close at 8:45 AM, or 15 minutes prior to the scheduled preliminary session start time (whichever is first) on Sunday, July 13.

12&U 400M Free

The 12&U 400M Free will be a positive check-in event conducted as a Timed Final with the Top 8 seeded swimmers competing in Finals. All other heats will be contested fastest to slowest in the preliminary session after event #50. Check-in will close at 8:45 AM, or 15 minutes prior to the scheduled preliminary session start time (whichever is first) on Saturday, July 12. Swimmers must provide their own timers and counters if swimming during Prelims. Swimmers must provide their own counter if swimming in Finals. \*10&U swimmers will be scored separately from 11-12 swimmers.

13-14 400M Free

The 13-14 400M Free will be a positive check-in event conducted as a Timed Final with the Top 8 seeded swimmers competing in Finals. All other heats will be contested fastest to slowest in the preliminary session after event #50. Check-in will close at 8:45 AM, or 15 minutes prior to the scheduled preliminary session start time (whichever is first) on Saturday, July 12. Swimmers must provide their own timers and counters if swimming during Prelims. Swimmers must provide their own counter if swimming in Finals.

14&U 800M Free

All heats of the 800M Free will be scheduled to conclude 10 minutes prior to the start of Sunday Finals warm-up session. The start of the first heat will come after the conclusion of the morning Prelims session. A break and additional warm-up session will be scheduled and announced by the end of the Saturday Finals session. This event will be contested slowest to fastest and mixed gender. The Top 4 female and male swimmers in the 800M Free will compete together as the "Final" heat. Check-in will close at 6:45 PM on Saturday, July 12. Heat sheets will be distributed and posted prior to the conclusion of the Saturday Finals session. Swimmers must have the qualifying time for the 1650Y/1500M Free or 1000Y/800M Free

to swim this event.

Non-conforming Entry Times (1500/800 Free)

At the request of an athlete's coach, non-conforming entry times in these events may be converted to the conforming course by meet management using the SwimSwam real-time converter to seed the athlete amongst the conforming times. Times may only be converted to the corresponding distance (ex: cannot convert 800M to 1650Y, etc.) and the conversion must be faster than the qualifying time in the conforming course. Requests for this are due within 24 hours of the initial psych sheet released to coaches.

**Relays:** Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" or "B".  
\*Teams are allowed to enter a single "A" relay in the Mixed relay event.

All relays will be Timed Finals. All relays will be conducted slowest to fastest.

Age Group Relays (200 Free Relay and 200 Medley Relay) for 10&U, 12&U, and 14&U age groups, and the 14&U 400 Medley Relay will compete in the Preliminary sessions.

14&U 400 Free Relay and will compete in the Thursday PM session.

14&U 200 Mixed Medley Relay will be conducted at the end of Sunday Finals.

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

Relay sheets are to be turned into the meet admin 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 \$6.00 each. Fees for relay events are \$14.00 each. A \$15.00 surcharge will be assessed for each athlete who participates in the Championship Meet.

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](http://www.usaswimming.org/ome)). The deadline to submit entries is Monday, June 30 by 11:59 PM 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 Ross Hedrick, [nuwaveswimclub@gmail.com](mailto:nuwaveswimclub@gmail.com)

**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 long course meters and short course meters/yards.

**Seeding:** The seeding order is long course meters (LCM), short course yards (SCY), then short course meters (SCM).

**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.

Swimmers may scratch from an event in which they are entered by following the procedures set forth in the meet announcement.

Scratching from Prelims/Time Finals events:

1. In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched will be barred from all further individual and relay events of that day.
2. To be eligible for subsequent events on any following days, the swimmer or coach must confirm all future swims for that swimmer with the Meet Referee, or designee.
3. A swimmer may pay a re-entry fee for each preliminary, or positive check-in timed final event in which he or she failed to compete. The re-entry fee shall be established by the National Team Steering Committee and the Program Events Coordinator (or his/her designee) and published in the meet announcement. The re-entry fee for this swim meet is \$200.00.

Scratching from Finals events:

1. Any swimmer qualifying for a bonus, consolation or championship final in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph E. A declared false start under 101.1.3E or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete. ***Any swimmer failing to compete in an A/B/C/D or other final on the final night of a championship meet shall be assessed a \$200 fine.***
2. In the event of withdrawal or barring of a swimmer from competition the Referee shall fill the bonus, consolation or championship final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals. Note alternates will only be for the first bonus or consolation heat.
3. Where bonus and consolation finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the bonus, consolation and championship final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
4. If the bonus and consolation finals have already been contested, the championship final shall be swum without reseeding for the empty lane(s).
5. A swimmer may pay a re-entry fee for each preliminary, or positive check-in timed final event in which he or she failed to compete. The re-entry fee shall be established by the National Team Steering Committee and the Program Events Coordinator (or his/her designee) and published in the meet announcement. The re-entry fee for this swim meet is \$200.00.

Exceptions for failure to compete — No penalty shall apply for failure to withdraw or compete in an individual event if:

1. The Referee is notified in the event of illness or injury and accepts the proof thereof.
2. A swimmer qualifying for a bonus, consolation or championship final based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.

As the scratch deadline is reached, each individual event Finals' heat sheet will be posted.

**Scoring:** Scoring will be on a sixteen (16) place basis.

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

Relay events receive double the point value per place.

All participants competing in the 14&U 800 Free and 14&U 1500 Free are scored together as a single age group.

**Awards:** Individual and relay awards will be given for all athletes scoring points and distributed to teams at the conclusion of the meet.

For individual events, medals will be awarded to the 1st through 8th places; ribbons will be awarded to 9th through 16th places; and "All State" patches will be awarded to 1st through 3rd places.

For relays, medals will be awarded to 1st through 3rd places; ribbons will be awarded to 4th through 8th places; and "All State" patches will be awarded to 1st through 3rd places.

Individual High Point awards will be awarded to the male and female swimmer of each age group who accumulates the highest number of points.

Overall team championship awards will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> places. Teams finishing 4<sup>th</sup> through 8<sup>th</sup> may request a banner through the Meet Director within 7 days of the conclusion of the meet.

#### 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 members of USA Swimming. All non-athletes must be able to provide proof of their registration to the Meet Director or Meet Referee at any time. The Meet Director and Meet Referee reserve the right to deny deck access if the coach does not comply or is no longer currently registered.

Coaches will be required to check-in each day to verify the credentials of their team's coaches 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 in 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 Meet Referee in writing prior to the meet starting. State the reason you will be unable to comply.

**Meet Referee:** Lomax Napper- [lomax@marbury.com](mailto:lomax@marbury.com)

**Officials** This meet has been designated for USA Swimming official's recertification and possible national  
**Recertification:** 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.

**Coaches** If required, a coaches meeting will be held on Thursday before the first session in the hospitality room.  
**Meeting:** If necessary, 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.



## Order of Events

Female			Male
Event No.	Age Group	Event	Event No.
<b>THURSDAY</b>			
<i>Timed Finals: Open warm-up at 4:00 PM, Meet starts at 5:00 PM</i>			
1	14&U	1500 Freestyle (TF)	2
<i>There will be a 10 minute break after event 2 and before event 3.</i>			
3	14&U	400 Freestyle Relay (TF)	4
<b>FRIDAY</b>			
<i>Prelims: Warm-ups TBD based on Team Assignments. Meet starts at 9:00 AM</i>			
<i>Finals: Warm-ups TBD based on Team Assignments. Meet starts at 5:00 PM</i>			
5	13-14	50 Breaststroke	6
7	13-14	400 IM (TF- Top 8 in Finals)	8
9	10&U	100 Backstroke	10
11	11-12	100 Backstroke	12
13	13-14	100 Backstroke	14
15	10&U	50 Butterfly	16
17	11-12	50 Butterfly	18
19	13-14	200 Butterfly	20
21	10&U	200 Freestyle (TF- Top 16 in Finals)	22
23	11-12	200 Freestyle	24
25	13-14	200 Freestyle	26
<i>In Prelims, there will be a 10-minute break after event 26 and before event 27.</i>			
27	14&U	400 Medley Relay (TF- Prelims)	28
<b>SATURDAY</b>			
<i>Prelims: Warm-ups TBD based on Team Assignments. Meet starts at 9:00 AM</i>			
<i>Finals: Warm-ups TBD based on Team Assignments. Meet starts at 5:00 PM</i>			
29	13-14	50 Backstroke	30
31	10&U	100 Freestyle	32
33	11-12	100 Freestyle	34
35	13-14	100 Freestyle	36
37	10&U	50 Breaststroke	38
39	11-12	50 Breaststroke	40
41	13-14	200 Breaststroke	42
43	10&U	100 Butterfly	44
45	11-12	100 Butterfly	46
47	13-14	100 Butterfly	48
49	10&U	200 Freestyle Relay (TF-Prelims)	50
51	12&U	200 Freestyle Relay (TF-Prelims)	52
53	14&U	200 Freestyle Relay (TF-Prelims)	54
<i>In Prelims, the 400M Free will begin after a 10-minute break following event #54.</i>			
<i>The Top 8 of female and male 12&amp;U 400M Free will swim in Finals.</i>			
<i>The Top 8 of female and male 13-14 400M Free will swim in Finals.</i>			
<i>All 400M Free preliminary swims will be contested fastest to slowest.</i>			
55	12&U	400 Freestyle (TF- Top 8 In Finals)	56
57	13-14	400 Freestyle (TF- Top 8 in Finals)	58

SUNDAY			
<i>Prelims: Warm-ups TBD based on Team Assignments. Meet starts at 9:00 AM</i>			
<i>Finals: Warm-ups TBD based on Team Assignments. Meet starts at 4:00 PM</i>			
61	13-14	50 Butterfly	62
63	10&U	200 Individual Medley (TF- Top 16 in Finals)	64
65	11-12	200 Individual Medley	66
67	13-14	200 Individual Medley	68
69	10&U	50 Backstroke	70
71	11-12	50 Backstroke	72
73	13-14	200 Backstroke	74
75	10&U	100 Breaststroke	76
77	11-12	100 Breaststroke	78
79	13-14	100 Breaststroke	80
81	10&U	50 Freestyle	82
83	11-12	50 Freestyle	84
85	13-14	50 Freestyle	86
87	10&U	200 Medley Relay (TF-Prelims)	88
89	12&U	200 Medley Relay (TF-Prelims)	90
91	14&U	200 Medley Relay (TF-Prelims)	92
<i>In Prelims, combined Events 91/92 will be scheduled to conclude 10 minutes prior to Finals warm-up. The final heat of the 800M Free will include the top 4 female and top 4 male competitors.</i>			
59	14&U	800 Freestyle (TF)	60
<i>In Finals, the 200M Mixed Relay will begin after a 10-minute break following event #84.</i>			
93	14&U	200 Mixed Free Relay (TF-Finals)	