



**LOUISIANA SWIMMING**  
**SENIOR LONG COURSE STATE CHAMPIONSHIPS**  
**JULY 16-19, 2026**

**Sponsor:** Louisiana Swimming, Inc.

**Host Team:** Tiger Aquatics

**Sanction:** Sanction #2026-07-??. 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.com](mailto:lomax@marbury.com)

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

**Date & Time:** Thursday through Sunday, July 16-19 2026

Warm-up times for Prelim/Final sessions are dependent upon the meet size and will be announced prior to the start of the meet.

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

Thursday PM and all subsequent Finals sessions will start at 5:00 PM with open warm-ups from 3:30 – 4:20 PM and controlled warm-ups from 4:20 – 4:50 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, July 6, 2026 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, 2025** through the meet entry deadline.

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

Age as of **July 16, 2026** will determine the swimmer's age for the entire meet.

Swimmers entering the 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 6 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: 400M IM, 400M Free, 800M Free, and 1500M Free.

Positive check-in for the 400M Free and 400M IM will close at 8:45 am or 15 minutes prior to meet start on their relative dates of competition. Athletes should list preference of morning or afternoon swim when checking in.

50 Back, 50 Breast and 50 Fly will be entered and seeded with the corresponding 100 meter/yard time.

Finals with four heats (A-D) will be held for events 200 meters and shorter. "D" Final will be non-scoring.

All Finals heats will each contain a maximum of eight swimmers, whenever possible.

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

A ready room will be available for use by all individual "A" Finals heats.

The Preliminary events will reserve the right to conduct chase starts based on size of the meet. If chase starts are utilized, gender/heat designation 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.

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

This meet has been exempted from the LSI time limit rule. This meet is a closed LSC 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.

**800M Free and 1500M Free swimmers are to provide their own timers and counters.**

1500M Free

The 1500M Free will be swum on Thursday night conducted fastest to slowest and mixed gender, **apart from the top 8 female and top 8 male qualifiers**; such athletes will compete as one each, female and male, "A Final" heat. This is a positive check-in event. Check-in will close at 4:45 PM, or 15 minutes prior to the scheduled session start time (whichever is first) on Thursday, July 16. Swimmers must have the qualifying time for the 1650Y/1500M Free or 1000Y/800M Free to swim this event.

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, **apart from the top 8 female and top 8 male qualifiers**; such athletes will compete as one each, female and male, "A Final" heat. This is a positive check-in event. 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 19. 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.

**"X-Relays"**- Teams may submit a written request (Google form provided by Louisiana Swimming) to enter additional non-scoring relays into pre-seeded events with open lanes.

- Request Deadline: The request window opens when Louisiana Swimming sends the unofficial psych sheet to each team for review and will close at the deadline for psych sheet review/late entry period. Requests will be submitted via a Google form. Accepted relays will be listed on the official psych sheet when sent to all teams.
- Seeding: On a first-come, first-served basis, teams will be assigned to open lanes only, no new heats will be created for additional relay entries. All teams will have an opportunity to request "C" relays before any team's "D" and beyond relays are honored.

All relay events will be seeded to place all "A-B" relays in the correct order with additional relays seeded behind them entered as "NT."

- All Relays are eligible for X-Relays based on available space.
- Fees/Payment: \$20/relay. Payment for each accepted relay will be included in each team's meet fee statement sent by Louisiana Swimming.

200 Free and 200 Medley relays will compete in the Preliminary sessions.

400 Free, 400 Medley, 800 Free, and 200 Mixed relays will compete in the Finals sessions.

All relays will be Timed Finals.

All relays will be contested slowest to fastest.

"A-B" Relays will be seeded by submitted times. "A-B" Relays submitted with no times will not be accepted.

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 \$8.00 each. Fees for relay events are \$16.00 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, July 6, 2026 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 Daniel Zielinski – [crawfishmeets@gmail.com](mailto:crawfishmeets@gmail.com)

#### **Special Needs**

**Entries:** Swimmers with special needs may participate in this championship meet in the following events: 50/100 Backstroke, 50/100 Butterfly, 50/100 Breaststroke, 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](mailto:laswimmingmeets@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 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 twenty-four (24) place basis.

Individual events:	Place 1-8:	32, 28, 27, 26, 25, 24, 23, 22;
	Place 9-16:	20, 17, 16, 15, 14, 13, 12, 11;
	Place 17-24:	9, 7, 6, 5, 4, 3, 2, 1.

Relay events receive double these point values per place.

**Awards:** 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. Individual High Point awards will be awarded to the male and female swimmer who accumulates the highest number of individual points.

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 designed 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 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 to verify the credentials of their team's coaches in order 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 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 reasons 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 coaches meeting 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: Warm-up at 3:30 PM (50 minutes open/ 30 minutes controlled). Meet starts at 5:00 PM There will be a 10 minute break after the combined events 1 and 2.</i>			
1	Open	1500 Freestyle (Timed Final)	2
3	Open	800 Freestyle Relay (TF)	4
<i>Events #1-2 will be conducted with one each, female and male, "A Final" heat consisting of the top 8 qualifiers of the respective gender.</i>			
<b>FRIDAY</b>			
<i>Prelims: Warm-up start dependent on meet size. Meet starts at 9:00 AM (or earlier due to meet size) Finals: Warm-up at 3:30 PM (50 minutes open/ 30 minutes controlled). Meet starts at 5:00 PM</i>			
5	Open	100 Backstroke	6
7	Open	200 Freestyle	8
9	Open	50 Breaststroke	10
11	Open	100 Butterfly	12
13	Open	400 IM (TF – Top 8 in Finals)	14
<i>In Finals, there will be a 10 minute break after event 14.</i>			
15	Open	400 Freestyle Relay (TF in Finals)	16
<b>SATURDAY</b>			
<i>Prelims: Warm-up start dependent on meet size. Meet starts at 9:00 AM (or earlier due to meet size) Finals: Warm-up at 3:30 PM (50 minutes open/ 30 minutes controlled). Meet starts at 5:00 PM</i>			
17	Open	200 Butterfly	18
19	Open	100 Freestyle	20
21	Open	200 Breaststroke	22
23	Open	50 Backstroke	24
25	Open	400 Freestyle (TF – Top 8 in Finals)	26
<i>In Prelims &amp; Finals, there will be a 10 minute break between event 26 &amp; the session's relay event.</i>			
27	Open	200 Free Relay (TF in Prelims)	28
29	Open	400 Medley Relay (TF in Finals)	30
<b>SUNDAY</b>			
<i>Prelims: Warm-up start dependent on meet size. Meet starts at 9:00 AM (or earlier due to meet size) Finals: Warm-up at 3:00 PM (30 minutes open/ 20 minutes controlled). Meet starts at 4:00 PM</i>			
33	Open	200 Individual Medley	34
35	Open	50 Butterfly	36
37	Open	200 Backstroke	38
39	Open	100 Breaststroke	40
41	Open	50 Freestyle	42
<i>In Prelims, there will be a 10 minute break after event 42.</i>			
43	Open	200 Medley Relay (TF in Prelims)	44
<i>Combined Events 31/32 will be scheduled to conclude 10 minutes prior to Finals warm-up. It will be competed mixed apart from one A final heat each, female and male, consisting of the top 8 qualifiers.</i>			
31	Open	800 Freestyle	32
<i>In Finals, there will be a 10 minute break after event 42.</i>			
45	Open	200 Mixed Medley Relay (TF in Finals)	