

**Capital City Swim League Championship
October 27-28, 2018**

Hosted by Crawfish Aquatics
Baton Rouge, LA

Meet Sanction and Host Team

This meet is sanctioned by Capital City Swim League, approved meet by Louisiana Swimming, Inc. Crawfish Aquatics, LLC on behalf of Capital City Swim League

Meet Administration

Ron Moore	Meet Referee
Billy Newport	Meet Director, meets@crawfishaquatics.com
Courtney Roedel	CCLS Administrator, courtney@crawfishaquatics.com

Saturday, October 27

Prelims: Female- Warm-up 7:30AM, Meet 8:40AM

Prelims: Male- Warm-up not before 11:15AM, Meet begins 45 minutes after warm up

Sunday, October 28

Finals: Warm-up 12:00-12:40PM, Meet 1:00PM

Coaches Meetings

-Saturday: 7:15am in concessions room

-Sunday: as needed, immediately following warm up session

Facilities and Parking

-Crawfish Aquatics, located inside Ketcham Health & Fitness Bldg., campus of Jimmy Swaggart Ministries, -7150 Bluebonnet Boulevard, Baton Rouge, La. 70810

-Crawfish Aquatics parking lot is located off of Anselmo Lane. Parking is available in the Crawfish Aquatics lot with additional parking in the hotel parking lot and in the Advocate parking lot (continue past the outdoor pool for the additional spillover parking).

-Do not park in the Ketcham Fitness lot off of Bluebonnet!

Rules and Meet Regulations

-2018 NFHS Rules and 2018 USA Swimming technical rules and code of regulations apply

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

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

-The meet is open to LHSAA registered athletes on teams that are dues paying members of the Capital City Swim League.

-Must be in good financial standing with the league and have all meet fees for the 2018 season paid by October 27, prior to competing in the meet.

Entries

- “NT” (no time) individual event entries will not be accepted. Relay time must be a current “in season” time.
- Each swimmer may enter a maximum of 2 individual events and 4 total events.
- Each school is limited to four entries per individual event and one relay per relay event.
- Event changes will not be permitted once the psych sheet is posted.

Entry Deadline

- All meet entries are due by **Monday Evening, October 22.**
- No late or deck entries or deck changes will be accepted.

Entry Fees

- Team entry fee of \$25 must be paid prior to the start of the prelim session.
- All fees and balances for regular season meets must be paid prior to participating in the CCSL Championship.
- Time Trial event entry fee is \$5, paid prior to the event (cash or check)
- Teams are responsible for picking up their team areas/spirit items after the sessions. Teams with excessive trash, posters, etc. will be fined \$25 to \$100.

Conduct

- Prelim events will be circle seeded, except for the 500 free which will be swum as a timed final event in the regular meet event order. The Top 8 swimmers in 500 free will swim in final session, all other swimmers will swim in prelim session. The morning session heats of the 500 will swim slowest to fastest.
- Relay events will be swum as prelim/final events. Relay swimmers and alternates (up to 8 names listed per relay) must be submitted with the entry file and will be the only eligible swimmers for that specific relay. Top 16 qualifiers from the prelims advance to the final session.
- During each session (prelims and finals), there will be a 10 minute break following Event #8, 50 Free.

Scoring

- Top 16 places will be scored individually with relays scored double points.
- 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

Awards

- CCSL awards to top 8 finishers in individual and relay events and top 3 female and male teams.
- Female and Male Swimmer of the Meet will be voted on and awarded at the meet.
- Teams are responsible for picking up their awards (team and individual) following the finals session.
- All Academic Award recipients will be recognized at Finals during the 10 minute break.
- Awards voted on after state meet, via email: Female and Male Swimmers of the Year; Female team Coach of the Year and Male team Coach of the Year.

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.
- All warm-ups must be closely supervised by swimming coach or team representative.

Deck Changing:

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

Hospitality

Hospitality will be provided by the Capital City Swim League.

Additional Notes for Finals

Team Captains March Out: The team captains/seniors will line up for the team march at 12:50pm.

Time Trials: Time trial events will be offered following the Finals session. Swimmers may enter 1 event for time trials. Coaches must turn in entry forms by Event #14; the only time trial entries accepted after Event #14 will be for the 100 back and 100 breast (turned in prior to the start of the 400 yard relays).

-There is an entry fee of \$5, paid prior to the event, for Time Trial events.

Examples of relay infractions/illegal relay entries:

-If a swimmer that is entered in 2 individual events and listed as an alternate for 3 relays and swims their 2 individual events and 2 relays in prelims, that swimmer is only eligible to swim in the same relay events at finals (regardless if they make finals back in 0, 1 or both individual events). Each swim in an event counts toward their "total of 4 events max" and each individual race entry counts toward their "total of 4 events max".

-If a swimmer is entered in 1 individual event and listed as relay swimmer on all 3 relays, they do not have to swim on the relays in prelims in order to swim them at finals (but must be listed!).

-If a swimmer is not listed as a relay swimmer for a specific event, they are not eligible for that relay; if they swim on the relay it will be disqualified.

Event Schedule

Female		Male
1	200 yard Medley Relay	2
3	200 yard freestyle	4
5	200 yard Individual Medley	6
7	50 yard freestyle	8
9	100 yard butterfly	10
11	100 yard freestyle	12
13	500 yard freestyle	14
15	200 yard freestyle Relay	16
17	100 yard backstroke	18
19	100 yard breaststroke	20
21	400 yard freestyle Relay	22

**Top 8 swimmers in #13, #14 (500 Free) will swim at finals only*

**All other swimmers in #13, #14 swim in prelims in regular event order*