

Capital City Swim League

Meet Procedures and Regulations

Meet Entry Limitations and Scoring

- Team Manager is required for all teams with 5+ athletes. *Note that the LHSAA now requires ALL state meet entries to be submitted by Team Manager program.*
- Swimmers may enter 2 individual events/2 relays or 1 individual event/3relays
- Event Limitations:
 - 8 swimmers per 100 yard events.
 - 6 swimmers per 200 yard events.
 - 4 swimmers in the 500 free
 - Unlimited number of swimmers in the 50 free
 - Relay Event Limitations: A,B,C relays
- Scoring: for each event, 4 individuals and 1 relay per school will score.

Entry Deadlines:

- Meet Entries are due by Monday evening prior to the meet.
- Late Entries/ Deck Entries- per the meet referee discretion for late adds/event changes. All will be exhibition/non-scoring.

Fees

- League Fee- \$35/team per season; due first week of September.
- Meet Entry Fee- \$4/swimmer per meet; due within one week following the meet.
- Payments made to Capital City Swim League.
- Late Fees: \$10 per day fee for late entries; must be paid *before* events are contested
- *There are no entry fees for the CCSL Championship Meet (there is a \$25 fee to Crawfish Aquatics for hosting this meet).*

City Championship Meet

- Meet Invitation is published by mid-September (note that the individual/relay entry limits for teams are different from regular season meets).
- Meet entries will be due the Monday prior to the meet, by 12:00PM.
- Prelims will be split into female (AM) and male (PM) sessions.
- Relays will be swum in prelims and finals; relay cards will be used and the same rules/procedures as State meet will be followed (submit relay names/alternates with meet entry file).
- Proof of time will be required for the 500 free at City Meet (provide the meet date that the swimmer accomplished the entry time used for City Meet).

Team Manager

- Team Manager is REQUIRED for all teams with 5+ athletes. No exceptions!
- Set up and test your TM software & database prior to the start of the season to make sure you have all available upgrades and that all is working properly.
- See team manager help documents on the HS Section of the website for steps on generating/submitted meet entries, downloading the free version of Team Manager (lite), etc.
- Before submitting entries: (Check your entries *before sending!*)
 - Print an entry report **by name** to double check athlete's event entries and that an athlete is only in 2 individual events.
 - Print an entry report **by event** to double check # of athletes in each event, to ensure that you are within the limits set per type of meet.

Entries by email/manual entry (for teams with 5 swimmers or less)

- Entries should also be listed by athlete name and include gender, not by event.
- Teams must provide entry times for each athlete in order for times to be included in heat sheet.

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

Swim Suit Rules (guidelines for determining if a suit is legal for competition)

Sec. 3, Art. 3, Subsec b

1. constructed of a woven/knit textile material
2. permeable (100% to air and water), except for logo
3. made so as not to aid in buoyancy and shall not be altered to aid in buoyancy
4. no zippers or other fasteners
5. boys - not above waist or below top of knee caps / girls - not beyond the shoulder or below top of knee or cover neck.

Facility Rules

All teams are responsible for cleaning up their team area during and after each meet. Trash receptacles are located throughout the pool deck and our staff is requesting your assistance in seeing that your swimmers and their families respect our facility. This includes locker rooms and the back hallway area. Meet participants and spectators are not to enter the Crawfish Aquatics weight room, Ketcham Fitness Center racquetball courts, or Ketcham Fitness Center work out areas.

Crawfish Aquatics will be able to rent the gym for specific swim meets. Athletes and spectators must remain within the indicated rental boundaries in the gym (first court and restrooms) only.

Middle School Information Eligibility:

All athletes will compete in one classification; athletes participating in Capital City High School Swim League are not eligible to participate in the Middle School League. There is a separate insurance policy set for MS swimmers, as it is not a LHSAA league; must have school approval to compete as a school organization.

**Swimmers that participate in Middle School CAN move over to the CCSL, if their school allows for grades lower than 9th to participate in HS sports. Once a swimmer participates in a CCSL meet, they are not permitted to swim in the MS League.*