



LA 2023 Crawfish December Invitational

Crawfish Aquatics Pool, Baton Rouge

December 9, 2023

Meet Sanction and Host Team

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

Meet Administration

Erik Cooper Meet Referee
O.J. Mesina Meet Director, meets@crawfishaquatics.com

Meet Schedule

Saturday, December 9. Session 1: Warm Up 8:00am. Meet Begins 8:35am.
Saturday, December 9. Session 2: Warm Up 10:30am. Meet Begins 11:15am.
**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 6000 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.

COVID 19/ Facility & Meet Guidelines

All local guidance and health protocols including, but not limited to gathering limits, sanitization processes, and social distancing will be followed to safely conduct this competition. As guidelines change frequently, we will publish final competition/facility guidelines for the event 5 days prior to the meet.

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.

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 9, 2023 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.

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, November 30, 2023.

-Deck entries will be accepted at the discretion of the Meet Director and the fee is double and payable at the time of entry. This includes ANY changes from one event to another during the meet.

Entry Fees \$4.00 per event
 \$5.00 LA Swimming swimmer surcharge,
 \$7.00 facility charge (per swimmer, includes digital heat sheet)

Meet Program

The meet program ("heat sheet") will be posted online (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.

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 29, 30, 55 and 56 will be provide your own timer.

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

Condition of Sanction

As a condition of this sanction, Crawfish Aquatics agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, Louisiana Swimming, the State of Louisiana, local jurisdictions, and the Crawfish Aquatics Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period.

Assumption of Risk Disclaimer

Crawfish Aquatics has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are

especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID- 19.

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 usage

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) 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. 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.

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.

