



LA 2021 Crawfish December Invitational Crawfish Aquatics Pool, Baton Rouge December 11, 2021

Condition of Sanction

As a condition of this sanction, HOST TEAM 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 HOST TEAM 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

The HOST CLUB 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.

COVID 19 Waiver

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. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNSEEN, IN CONNECTION THEREWITH.

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
Billy Newport Meet Director, meets@crawfishaquatics.com

Meet Schedule

Saturday, December 11. Session 1: Warm Up 7:30am. Meet Begins 8:30am.
Saturday, December 11. Session 2: Warm Up 11:15am. Meet Begins 12:00pm.
**Older athletes warm up during Session 1
Saturday, December 11. Session 3: Warm Up 1:30pm. Meet Begins 2:30pm.

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 times 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 11, 2021 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- 4 Individual Per Session 1 and 3 - 1 Individual per Session 2.

Entry Deadline

- This meet will be limited to Crawfish Aquatics only 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 Monday, December 6, 2021.
- 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 \$3.50 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 27, 28, 29, 30, 31 and 32 will be provide your own timer.

Session 1	12 & Under		Session 2	12 -14yrs
1	200 Free		14	400 IM
2	50 Back		15	200 Free
3	100 Breast		16	50 Back
4	200 Back		17	100 Breast
5	100 Fly		18	200 Back
6	50 Free		19	100 Fly
7	200 Breast		20	50 Free
8	50 Fly		21	200 Breast
9	100 Free		22	50 Fly
10	200 IM		23	100 Free
11	100 Back		24	200 IM
12	200 Fly		25	100 Back
13	50 Breast		26	200 Fly
			27	50 Breast
			28	500 Free
Session 3	15 & Over			
29	400 IM			
30	200 Free			
31	100 Breast			
32	200 Back			
33	100 Fly			
34	50 Free			
35	200 Breast			
36	100 Free			
37	200 IM			
38	100 Back			
39	200 Fly			
40	500 Free			

CRAWFISH AQUATICS COVID 19 MEET PLAN

Individuals permitted to be in the indoor facility:

- Meet Official(s)
- Athletes and Coaches
- Meet Management
- Timers
- Meet Marshalls (help facilitate flow of athletes prior to races)
- During applicable sessions, Spectators/Teams may be assigned indoor bleachers together. Other times indoor bleachers will be athletes only.
- All non-athletes that are inside the facility will be required to wear a mask at all times and all athletes/non-athletes will require masks in the team areas/ outdoor common areas when social distancing is not possible.

LOCAL PROTOCOLS

Local and state protocols and mandates will serve as guidance for facial coverings and capacity. While masks are required by EBR, the State and or USA Swimming we will enforce such inside.

Spectators

- All spectator areas are in the outdoor viewing areas.
- Any spectator only or team only bleachers will be assigned / announced prior to the meet.
- There is a viewing area at the first two garage doors where we ask you to only stand and watch if your athlete is competing during the heat in the water.
- Spectators may also sit in the other areas outside the white fencing area (K, L, M, N and O) with chairs and/or tents.
- There are no chairs inside the fenced in areas in order to keep the area open and flowing.
- The indoor space is reserved for athletes, team personnel (3 max), officials, meet volunteers and Crawfish staff. .

Viewing Races

- All garage doors will remain open the entire meet with line stanchions to mark off the interior and exterior of the indoor pool area to indicate spectator viewing areas.
- The "walk up" viewing area at the first 2 garage doors is reserved for spectators of athletes in the current heat. This area is to be used to flow in and out of for specific race viewing.
- Race videos will be live streamed on the Crawfish Broadcasting YouTube Channel

Team /Athlete Seating

- All seating will be assigned to bleachers in the indoor pool area and bleachers in section A, B in the outdoor area.
- Team Areas will be assigned for each meet and communicated ahead of time.
- Teams are responsible for the social distancing of their athletes in designated team areas when possible.
- If masks are required by EBR or the State we will enforce such inside. If there is no required mask mandate, we will still request athletes/team staff to wear a mask regardless of vaccination status.
- No spectators in the indoor facility.

Flow to Clerk of Course - Race- Post Race

Clerk of Course- required check in area in the back hallway

- Athletes must report to the queuing area in the back hallway for heat check in, 3 heats prior to their heat. There are additional bleachers in the hallway for swimmers to wait until their heat is lining up.
- Athletes will enter the back hallway from the indoor pool deck, through the doors on the locker room side. We will have meet management there to direct and oversee line up for heats/lanes.
- Masks will be worn when in the indoor pool area and queuing area in the back hallway prior to their race. *This may be modified based upon mandates/restrictions at the time.* There will be storage bins for masks/towels next to each lane timer chair.
- Social distancing should be attempted at all times.

Racing Procedures

- Two heats of individual events at a time will line up in the back hallway. There will be one heat behind the timers and one in the water.
 - Spaces have been marked as to where to stand and meet staff will call out and line up.
 - A Meet or two Meets marshalls will help control flow and traffic of competing athletes
- Athletes will go through normal procedures to step up on the block and start the race.
- Following the race, swimmers will exit the block area and return to their team area and/or the warm down pool.
- They can exit the block area toward the garage door side (default) OR return to the coaches side to see coaches before going to the warm down pool/team seating area.

Relay Events

- Relay events will be run utilizing all 8 lanes.
- Should mandates make it so or we feel it is safer to create social distancing, then we will have no more than 4 relay teams per heat. Relays will be assigned to Lanes 2, 4, 6, 8 to allow for additional spacing between relay swimmers.

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

Inclement Weather

- In the event of rain, the default plan will that only athletes will be moved inside (may be adjusted based on the session and number of swimmers/spectators in a given session). As long as the weather allows, we will keep garage doors open so that viewing is still possible from the garage doors, if individuals choose to watch there.
- In the event there is lightning or rain that is too heavy to allow for outdoor viewing the garage doors will be shut and for that competition or period during inclement weather there will be no spectators.

Additional Notes

- Concessions will not be open. Teams are welcome to bring ice chests.
- Athletes should arrive in their suits and leave in suits following the meet as locker room capacity is limited.
- Portable restrooms will be available and preferred area for restroom usage
 - Sanitizer stations are available for before and after

- Indoor Restrooms are for those allowed on the indoor pool deck. Spectators are asked to use the portable restrooms outside
 - We request athletes come in competition attire and leave in their competition attire
 - Deck changing is not permitted
 - Our goal is to limit the amount of people in close contact in the locker rooms