



Crawfish Aquatics

2021 LA Long Course Invitational

Crawfish Aquatics Pool, Baton Rouge, LA

May 14-16, 2021

Meet Sanction and Host Team

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

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.

COVID 19 MEET PLAN

Please see the end of this Meet Information Packet to see the specifics on the COVID 19 Meet Plan

Meet Administration

Ron Moore Meet Referee
Billy Newport Meet Director, meets@crawfishaquatics.com

Meet Schedule

*****Schedule will be confirmed the week of the meet*****

Session 1	Friday 12 & Over	warm-up: 4:30PM	meet: 5:15PM
Session 2	Saturday 12-14yrs	warm-up: 7:00/7:30AM	meet: 8:15AM
Session 3	Saturday 12 & Under	warm-up: 10:30am	
Session 4	Saturday 15 & Over	warm-up: 1:00pm	
Session 5	Sunday 12-14yrs	warm-up: 7:00/7:30AM	meet: 8:15AM
Session 6	Sunday 11 & Under	warm-up: 10:30am	
Session 7	Sunday 15 & O	warm-up: 1:00pm	

Facilities

- Crawfish Aquatics, located inside Ketcham Health & Fitness Bldg., campus of Jimmy Swaggart Ministries, 7150 Bluebonnet Boulevard, Baton Rouge, La. 70810
- Parking is located adjacent to the pool and on the side of the building.
- Indoor, heated, eight-lane 50 meter pool with moveable bulkhead (set to 50 meter course). 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 Capitol 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.

Rules and Meet Regulations

- Conduct of this sanctioned event shall conform in every respect to all technical and administrative 2019 rules of USA Swimming and Louisiana Swimming.
- “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 the coach does not comply or the card is no longer valid or current.
- It is understood and agreed that USA Swimming and LA 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.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
- 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.
- 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 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: 13'

Eligibility

-The meet is open to USA Swimming-registered swimmers and the entrant must be a USA Swimming member as provided in Article 302.

-Swimmer's age as of May 15, 2020 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.

Entries- Each swimmer may enter a maximum of:

Friday, Session 1- 2 individual events

Saturday & Sunday- 3 individual events

Entry Deadline

-Email entries to meets@crawfishaquatics.com

-This meet will be limited to 400 swimmers.

-Entries are accepted on a first come basis and entry file is required to reserve a spot in the meet. Once the entry limit is reached the meet will be closed.

-All meet entries are due by Friday, May 7, 2021.

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

Entry Fees \$3.50 per event
 \$8.00 LA Swimming swimmer surcharge,
 \$7.00 facility charge (includes digital heat sheet)
 *Fees payable to **Crawfish Aquatics***

Conduct

-All events are mixed gender for seeding.

-All Friday events will be seeded fastest to slowest and require sign in.

-Friday events will be limited entries: 8 heats of each event.

Meet Management Discretion

-Fly Over Starts: may be used for some sessions

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. Coaches will be provided with complimentary meet programs, however there will not be any meet program sales at the event.

Scoring

-Top 8 places will be scored for individual events.

Awards

-No awards will be presented.

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.

Hotel Accommodations for Traveling Participants

See website for booking information and rates: <http://www.crawfishaquatics.com>.

Friday					
<u>12 & Over</u>					
Mixed	Event Schedule				
1	400 IM				
2	400 Free				
Saturday					
<u>12-14</u>		<u>12 and Under</u>		<u>15 & Over</u>	
Mixed	Event Schedule	Mixed	Event Schedule	Mixed	Event Schedule
3	200 IM	8	200 IM	13	200 IM
4	100 Back	9	100 Free	14	100 Back
5	200 Fly	10	50 Fly	15	200 Fly
6	200 Breast	11	50 Breast	16	200 Breast
7	100 Free	12	100 Back	17	100 Free
Sunday					
<u>15 & Over</u>		<u>12 and Under</u>		<u>12-14</u>	
Mixed	Event Schedule	Mixed	Event Schedule	Mixed	Event Schedule
18	200 Free	23	100 Fly	28	200 Free
19	100 Fly	24	50 Free	29	100 Fly
20	200 Back	25	50 Back	30	200 Back
21	100 Breast	26	100 Breast	31	100 Breast
22	50 Free	27	200 Free	32	50 Free

CRAWFISH AQUATICS COVID 19 MEET PLAN

FACE COVERINGS AND SOCIAL DISTANCING

All meet participants – coaches, officials, administrators, athletes (between events), spectators and vendors must wear face coverings and comply with mandated social distancing and mass gathering rules whether inside or outside. All participants are asked to maintain social distancing, six feet of space, in addition to masking to help mitigate risk as well.

LOCAL PROTOCOLS

Currently, there are no protocols existing that are more strict than state guidelines, thereby the state guidelines will be the main determinant for deciding facility protocol. These guidelines include but are not limited to: wearing of face coverings, occupant capacity, social distancing rules and safety rules, and pool rules that come directly from CDC guidance for aquatic facilities. As those are changing regularly and might change prior to actually hosting a competition the links are provided here:

<https://opensafely.la.gov/PublicLinks.aspx>

<https://opensafely.la.gov/DownloadFile.ashx?ID=40&TBL=tblPubliclinks>

We are consistently monitoring East Baton Rouge Guidelines as well and will update our protocol should more stringent measures be placed in our local municipality. Those can be found here:

<https://www.brla.gov/2177/City-Parish-COVID-19-Guidelines>

MEET PROCEDURES

** This section includes our ENTRY & EXIT PROCEDURES*

Pre Meet

- Screening
 - All participants are required to complete pre meet health screening questionnaire
- Athletes must come dressed in suit and ready to participate
 - Locker Rooms will not be available for changing into/out of suits in order to minimize congregating

Warm Up/Warm Down

- Pre Meet warm up will be assigned for all participants
 - lanes will be limited to 5 athletes per lane spread apart socially distant with a minimum of 6 feet of space between them
- Entry / Exit
 - Athletes on the competition end will be required to enter through the back hallway and exit through the garage doors
 - Athletes on the record board side will be required to enter through the first garage door and exit there as well
 - There will be a minimum of a five minute break between warm up sessions to permit all athletes to exit pool area prior to the next group entering for their warm up session
- Pre/Post Race Warm up and Warm Down will be permitted
 - will be available with a maximum of 4 athletes per lane
 - all athletes are required to be moving the entire time
 - the area will be monitored and patrolled by meet marshalls

Clerk of Course

- Athletes must report to the queuing area outside of the facility back hallway for heat check in, 3 heats prior to their heat.
- Masks must be worn when entering the facility for their race. Social distancing will be maintained at all times. Storage bins for masks will not be provided- swimmers wearing masks to the blocks should plan accordingly (bring a ziplock bag to place it in during the race, etc.).

Racing Procedures

- Two heats of individual events at a time will line up in the back hallway. As one heat moves to the indoor pool area for their race, another heat will enter the building and get into lane order position (in lane order 1 to 8).
 - Spaces have been marked as to where to stand
 - Two meet marshalls will help control flow and traffic of competing athletes
- Only one heat will be in the indoor competition pool area at a time (the heat in the water).
- Athletes will go through normal procedures to step up on the block and start the race.
- Following the race, swimmers will exit the pool and walk along the garage door side of the facility and exit at the farthest set of garage doors, maintaining social distance.

Distance Races

Individuals serving as lap counters must wear masks to count for athletes competing. Lap counters will not be sanitized between races, only between sessions.

Relay Events

Relay events are not being offered at this time. Procedures will be updated if relays are added into the competition.

Viewing Races

- All garage doors will remain open the entire meet with yellow ropes to mark off the interior and exterior of the indoor pool area.
- Athletes and spectators will be permitted to go to yellow ropes marking off the interior and exterior of the indoor pool area to watch races & cheer for teammates:
 - While maintaining social distancing
 - Wearing masks
 - Policing themselves by sharing spaces with other competing teams/athletes
- Live streaming will be available to view the competition

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 not be provided at this time- please plan accordingly
- Restrooms
 - Portable Toilets are outside and available for usage

SWIMMER LIMITATIONS

The competition will be limited so that no more than 100 persons including athletes, coaches, officials, timers and meet administration are not in the indoor pool area at any one time. Meet administration will have multiple sessions, creating more when necessary, and utilize outdoor spaces (or indoor areas based upon weather) separating individuals and groups in order to still comply with state guidance.

SPECTATOR LIMITATIONS

Spectators are allowed, but limited to two spectators per athlete. They will be able to watch the competition from outside the garage doors to limit our indoor count in the facility. There is a yellow rope that is blocking them from coming into the facility and on deck. There is also a live stream available and more information can be found on our meet page as the platform and source may change. By having the stream we will have fewer additional people allowing for greater participation by athletes in the competition.

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.