



LA 2020 Crawfish Summer Meet

Crawfish Aquatics Pool, Baton Rouge

July 25-26, 2020

Meet Schedule

Saturday, July 25. Session 1: Warm Up 7:30am. Meet Begins 8:30am.
Saturday, July 25. Session 2: Warm Up 11:00am. Meet Begins 11:45am.
Saturday, July 25. Session 3: Warm Up 2:30pm. Meet Begins 3:15pm.
Sunday, July 26. Session 4: Warm Up 7:30am. Meet Begins 8:30am.
Sunday, July 26. Session 5: Warm Up 11:00am. Meet Begins 11:45am.
Sunday, July 26. Session 6: Warm Up 2:30pm. Meet Begins 3:15pm.

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 have changed frequently and there is a chance we will be in a different phase of reopening from the meet info publish date to the meet date, **we will publish 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

-The meet is open to Crawfish Aquatics swimmers from eligible groups.

-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 July 25, 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.

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.

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 Tuesday, July 21, 2020.

-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 \$5 per event
 No per swimmer surcharge

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.

Awards: No awards will be distributed.

Warm-up & Procedures

-USA Swimming rules require that all warm-ups must be closely supervised by a certified USA Swimming coach or team representative. Warm up assignments will be staggered to allow for social distancing.

Deck Changing:

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

Order of Events

Events 11, 12, 25, 26, 47, 48, 63 and 64 will be provide your own timer.

Saturday			Sunday		
Session 1	15-18yrs		Session 4	15-18yrs	
1	200 Free	2	37	200 IM	38
3	100 Breast	4	39	100 Free	40
5	200 Back	6	41	200 Breast	42
7	100 Fly	8	43	100 Back	44
9	50 Free	10	45	200 Fly	46
11	400 IM	12	47	500 Free	48
Session 2	12-14yrs		Session 5	12-14yrs	
13	200 Free	14	49	200 IM	50
15	50 Back	16	51	50 Fly	52
17	100 Breast	18	53	100 Free	54
19	200 Back	20	55	200 Breast	56
21	100 Fly	22	57	100 Back	58
23	50 Free	24	59	200 Fly	60
25	400 IM	26	61	50 Breast	62
			63	500 Free	64
Session 3	11 and Under		Session 6	11 and Under	
27	100 Breast	28	65	50 Fly	66
29	50 Free	30	67	100 Free	68
31	100 Fly	32	69	50 Breast	70
33	50 Back	34	71	100 Back	72
35	200 Free	36	73	200 IM	74