



# **LA 2023 Crawfish Winter Invitational**

## **Crawfish Aquatics Pool, Baton Rouge**

### **January 27-29, 2023**

#### **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, 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 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**

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.

#### **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 Administration**

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

## **Meet Schedule**

### **Friday:**

Session 1, Warm up: 4:30pm. Meet Begins 5:15pm.

### **Saturday & Sunday:**

Session 2 & 5, 15 & Older: Warm Up 7:00am. Meet Begins 8:00am.

Session 3 & 6, 10 & U: Warm Up 11:00am. Meet Begins 11:40am.

Session 4 & 7, 11-14: Warm Up 1:30pm. Meet Begins 2:15am.

## **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 the coach does not comply or the 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 invited USA Swimming-registered swimmers.

-Swimmer's age as of January 27, 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.

### **Entry Deadline**

-Entries are accepted on a first come basis and entry fee 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 Friday, January 18, 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  
                         \$8.00 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](http://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.

-Current local/state guidelines for swimmers per lane and capacity will be enforced for warm ups. See additional procedures and steps in the COVID 19 Meet Plan

### **Deck Changing:**

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

# ORDER OF EVENTS

<b>Friday, Session 1</b>	
1	Mixed 12 & Under 200 IM
2	Mixed 13 & O 400 IM
3	Mixed 9-14 500 Free
4	Mixed 13 & Over 1000 Free
5	Mixed 13 & Over 1650 Free

## **SATURDAY**

## **SUNDAY**

<b>Session 2</b>			<b>Session 5</b>		
<b>Mixed</b>	<b>Event Schedule</b>		<b>Mixed</b>	<b>Event Schedule</b>	
6	15 & O 200 IM		33	15& O 200 Free	
7	15 & O 100 Back		34	15 & O 100 Breast	
8	15 & O 200 Breast		35	15 & O 200 Back	
9	15 & O 100 Fly		36	15 & O 200 Fly	
10	15 & O 100 Free		37	15 & O 50 Free	
			38	15 & O 500 Free	
<b>Session 3</b>			<b>Session 6</b>		
<b>Girls</b>	<b>Event Schedule</b>	<b>Boys</b>	<b>Girls</b>	<b>Event Schedule</b>	<b>Boys</b>
11	10 & U 100 IM	12	39	10 & U 200 Free	40
13	10 & U 50 Breast	14	41	10 & U 100 Breast	42
15	10 & U 100 Back	16	43	10 & U 50 Back	44
17	10 & U 50 Fly	18	45	10 & U 100 Fly	46
19	10 & U 100 Free	20	47	10 & U 50 Free	48
<b>Session 4</b>			<b>Session 7</b>		
<b>Girls</b>	<b>Event Schedule</b>	<b>Boys</b>	<b>Girls</b>	<b>Event Schedule</b>	<b>Boys</b>
21	11-14 200 IM	22	49	11-14 200 Free	50
23	11-14 100 Back	24	51	11-14 100 Breast	52
25	11-14 50 Breast	26	53	11-14 50 Back	54
27	11-14 200 Breast	28	55	11-14 200 Back	56
29	11-14 100 Fly	30	57	11-14 50 Fly	58
31	11-14 100 Free	32	59	11-14 200 Fly	60
			61	11-14 50 Free	62

## **CRAWFISH AQUATICS COVID 19 MEET PLAN**

### **MEET 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

#### **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.

#### **Viewing Races/Spectators**

- All garage doors will remain open the entire meet with 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.
- Team Bleachers will be assigned. Some sessions will have all athletes in assigned bleachers inside, with spectators in the outside bleachers. Some sessions will have specific bleachers assigned for team of parents/athletes together. TBD at each meet.
- 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 200 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.