

**Capital City Swim League Championship**  
**October 27-28, 2023**  
Hosted by Crawfish Aquatics  
Baton Rouge, LA

**Meet Sanction and Host Team**

This meet is sanctioned by Capital City Swim League, approved by Louisiana Swimming, Inc. Crawfish Aquatics, LLC on behalf of Capital City Swim League.  
Observed Sanction Number:

**Meet Administration**

Erik Cooper	Meet Referee
OJ Mesina	Meet Director, <a href="mailto:meets@crawfishaquatics.com">meets@crawfishaquatics.com</a>
Courtney Roedel	CCSL Administrator, <a href="mailto:courtney@crawfishaquatics.com">courtney@crawfishaquatics.com</a>

**Meet Schedule Notice:**

*Final warm up/start times will be confirmed on the website the Tuesday before the meet.*

**Friday, October 27**

Prelims, Boys- 11:00-11:55am. Meet Begins 12:10pm.

Prelims, Girls- 2:45-3:40pm. Meet Begins 3:50pm.

**Saturday, October 28**

Finals, Boys- 11:00-11:40am. Meet Begins 12:00pm.

Finals, Girls- 2:30-3:10pm. Meet Begins 3:30pm

*\*\*Top 16 individual swims and the Top 8 relays swims at finals. Relays finishing 9-16 at prelims will be scored as a timed finals event. \*\**

**Team Captains March Out at Finals:** One athlete per team will line up for the team march following the conclusion of the warm up session. (Boys- 11:45am and Girls- 3:15pm)

**Facilities and Parking**

-Crawfish Aquatics, located inside Ketcham Health & Fitness Bldg., campus of Jimmy Swaggart Ministries, -7150 Bluebonnet Boulevard, Baton Rouge, La. 70810

-Crawfish Aquatics parking lot is located off of Anselmo Lane. Parking is available in the Crawfish Aquatics lot with additional parking in the hotel parking lot and in the Advocate parking lot (continue past the outdoor pool for the additional spillover parking).

-Do not park in the Ketcham Fitness lot off of Bluebonnet!

**Rules and Meet Regulations**

-2023 NFHS Rules and 2023 USA Swimming technical rules and code of regulations apply

-Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

**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 LHSAA registered athletes on teams that are dues paying members of the Capital City Swim League.

-Must be in good financial standing with the league and have all meet fees for the 2023 season paid by October 27, prior to competing in the meet.

### **Entries**

- "NT" (no time) individual event entries will not be accepted. Relay time must be a current "in season" time.
- Each swimmer may enter a maximum of 2 individual events and 4 total events.
- Each school is limited to four entries per individual event and one relay per relay event.
- Event changes will not be permitted once the psych sheet is posted.

### **Entry Deadline**

- All meet entries are due by **Monday Evening, October 23.**
- No late or deck entries or deck changes will be accepted.

### **Entry Fees**

- Entry Fee of \$10 per swimmer.
- Meet fees payable by check payment. Credit card payments will also be accepted with a 4% processing fee.
- All fees and balances for regular season meets must be paid prior to participating in the CCSL Championship.
- Teams are responsible for picking up their team areas/spirit items after the sessions. Teams with excessive trash, posters, etc. will be fined \$25 to \$100.

### **Conduct**

- Prelim events will be circle seeded and the Top 16 individual event finishers from the prelims, will swim in Finals, with the exception of the 500 Free.
- The 500 Free will be swum as a timed final event in the regular meet event order. The Top 8 swimmers in 500 will swim in the finals session, all other swimmers will swim prelims. The prelim session heats of the 500 will swim slowest to fastest.
- Relay events will be swum in prelims with the top 8 relay teams from prelim sessions swimming in Finals. The relay teams finishing 9-16 in prelim results will be scored as a timed final event. Relay swimmers and alternates (up to 8 names listed per relay) must be submitted with the entry file and will be the only eligible swimmers for that specific relay.
- During each prelim session there will be a 15 minute break and during Finals there will be a 15 minute break following Event #7, #8 50 Free. Also, in Finals there will be 5 minute breaks following Event #1, #2 200 Medley Relay, #13, #14 500 Free, #15, #16 200 Free Relay and #19, #20 100 Breaststroke.

### **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.

### **Meet Marshals**

- For Sessions with 250 athletes or less, there is to be a minimum of 1 (one) meet marshal for that session. If there are over 250 athletes in a session, then a minimum of 2 (two) meet marshals will be required in a session (preferable one of each gender).

### **Warm-up & Procedures**

- Lane assignments to be announced prior to the start of warm-up.
- All warm-ups must be closely supervised by a coach or team representative. No more than 4 swimmers per lane at any time and no diving.

### **Scoring**

- Top 16 places will be scored individually with relays scored double points.
- 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

## **Awards**

- CCSL awards to top 8 finishers in individual and relay events and top 3 female and male teams.
- Female and Male Swimmer of the Meet will be determined by the established point system.
- Teams are responsible for picking up their awards (team and individual) following the finals session.
- All Academic Award will be provided to team coaches along with other meet awards.
- Awards voted on after the state meet, via email: Female and Male Swimmers of the Year; Female team Coach of the Year and Male team Coach of the Year.

## **CCSL Championship Swimmer of Meet**

Swimmer of the Meet will be determined based on a point system. Points will be awarded to swimmers based on their individual races at the CCSL Championship, using the following criteria:

Finish Place in individual events:

- 1st- 4 points
- 2nd- 2 points
- 3rd- 1 points
- 4th and Below- no points

Meet Record:

- Set new record- 2 points

All American Status:

- Consideration time- 1
- Automatic time- 2

Tie Breaker: In the event of a tie, NISCA Power Points will be used to determine the swimmer with the highest scoring event and to determine the award recipient. This will only be utilized when there is a tie after using the 3 main criteria above. NISCA Power Points were developed by the National Interscholastic Swimming Coaches Association and is a point system which is only for short course yards or short course meters and only for high school events.

## **Examples of relay infractions/illegal relay entries:**

-If a swimmer that is entered in 2 individual events and listed as an alternate for 3 relays and swims their 2 individual events and 2 relays in prelims, that swimmer is only eligible to swim in the same relay events at finals (regardless if they make finals back in 0, 1 or both individual events). Each swim in an event counts toward their "total of 4 events max" and each individual race entry counts toward their "total of 4 events max".

-If a swimmer is entered in 1 individual event and listed as relay swimmer on all 3 relays, they do not have to swim on the relays in prelims in order to swim them at finals (but must be listed!).

-If a swimmer is not listed as a relay swimmer for a specific event, they are not eligible for that relay; if they swim on the relay it will be disqualified.

## **Safe Sport**

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

-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.

## **Event Schedule**

<b>Female</b>		<b>Male</b>
1	200 yard Medley Relay	2
3	200 yard freestyle	4
5	200 yard Individual Medley	6
7	50 yard freestyle	8
9	100 yard butterfly	10
11	100 yard freestyle	12
13	500 yard freestyle	14
15	200 yard freestyle Relay	16
17	100 yard backstroke	18
19	100 yard breaststroke	20
21	400 yard freestyle Relay	22

*\*Top 8 swimmers in #13, #14 (500 Free) from the Prelim session will swim at finals only*

*\*All other swimmers in #13, #14 swim in prelims in regular event order*

## **THE FOLLOWING PAGE INCLUDES ALL INFORMATION TO OBTAIN OBSERVED STATUS FOR USA SWIMMING REGISTERED ATHLETES.**

### **Spectators**

- All spectator areas are in the outdoor viewing areas.
- The main outside bleachers, sections C, D, E, F, G, H, I, as designated, open seating for spectators.
- 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. We ask each athlete to only have one spectator to limit overall numbers and help with social distancing.

### **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

### **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](http://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](http://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](http://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.