



2019 LOUISIANA 12 AND UNDER LONG COURSE STATE SWIMMING CHAMPIONSHIPS

July 12-14, 2019

Sponsor: Louisiana Swimming, Inc.

Location: UNO Lakefront Arena Aquatic Center, 6801 Franklin Ave, New Orleans, LA 70122

Sanction: Sanction #

Held under the sanction of USA Swimming and Louisiana Swimming. In granting this sanction, 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 injuries to anyone during the conduct of this meet.

Date & Time: **Friday, July 12 through Sunday, July 14, 2019**

Friday night warm-ups will begin at 3:30 p.m. The meet will start at 4:30 p.m.

Preliminary Sessions (Sat & Sun) will start at 9:00 a.m. or earlier depending on meet size.

Warm-up times for preliminary sessions are dependent upon the meet size and will be posted prior to the meet.

Finals Sessions (Sat & Sun) will start at 4:30 p.m., with warm-ups beginning at 3:30 p.m.

All warm-ups for Prelims and Finals sessions will be assigned.

Facility: Indoor 50 meter pool with non-turbulent lane lines. The competition course has been certified in accordance with 104.2.2C (4). The indoor pool depth at the starting end is 8.01 feet, depth at turn end is 3.95 feet and depth at center is 7.29 feet. There is a six-lane outdoor 25 yard pool has a depth of 4 feet. Electronic timing is provided for all 8 lanes. Dressing and locker-rooms are available. A concession stand is available.

Timing: Colorado automatic timing with scoreboard display will be the primary system. Secondary system will be manual – electronic with one button per lane. Tertiary system will be two digital watches per lane with a third watch on first place in each heat.

Eligibility: No swimmer will be permitted to compete unless a member of USA Swimming as provided in Article 302. Swimmers must have current 2019 USA registration, be a member of Louisiana Swimming, and have achieved the current Louisiana state qualifying time standards from January 1, 2018 through the meet entry deadline. This meet is a closed championship. Age as of July 12, 2019 will determine the swimmer's age for the entire meet.

Entry Limit: Athletes are limited to not more than three (3) individual events per day and not more than six (6) individual events total. Swimmers are limited to one relay per day. There are no bonus swims. **Swimmers participating in both the 12 & under and Senior State Championship meets (during the short course or long seasons) are limited to 7 individual events total.**

Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" or "B".

Format: Preliminaries and Finals will be contested in all individual events except for the following which will be Timed Finals: 400 Free, 200 Free, and 200 IM. Finals with two heats (Consolation and Championship) will be held for all other 11-12 and 10 and under events. Consolation Final and Championship Final heats will each contain a maximum of eight swimmers.

Alternates: The Finals Session heat sheet for all P/F events will list two alternates. If additional alternates are required, they will be pulled sequentially from the preliminary results. Alternates for Finals swims are to report to the Meet Referee to be eligible to compete if the opportunity presents. Swimmers must be in the proximity of the official Starter and ready to step into the open lane.

At the discretion of the Meet Referee and Meet Director, the Friday PM and Preliminary Sessions (Sat & Sun) may be conducted from both ends of the pool and/or use fly-over starts. Details of any changes to normal meet operations protocol will be published at the same time as work assignments and session reports. This meet has been exempt from the LSI time limit rule.

The 50 Free is a Prelim/Final event conducted in the Friday PM session. The preliminary heats will swim before the 400 Free and the Consolation Finals and Championship Final heats will swim 10 minutes after the conclusion of the 400 Free.

The 400 Free will be conducted as a Timed Final event in the Friday PM session. Only the Top 40 female and male 12 & under swimmers entered in the 400 Free will have the opportunity to compete. The coaches/teams of athletes not making the Top 40 will be notified and allowed to pick an alternate event in which they have a qualifying time.

The 200 Free and 200 IM will be conducted as a Timed Final event in the regular meet event order of the preliminary sessions (Sat & Sun). The fastest two heats of 11-12 female and male, as well as, the fastest two heats of 10 and under female and male swimmers will be contested in the Finals sessions. All other heats will be contested slowest to fastest in preliminary sessions (Sat & Sun).

400 Free, 200 Free and 200 IM are positive check-in events. Check-in deadline is 15 minutes prior to the start of the meet (400 Free- Friday PM; 200 Free- Saturday AM; 200 IM- Sunday AM).

Rules: Conduct of this sanctioned meet shall conform in every respect to the 2019 United States Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), and Bylaws of Louisiana Swimming and Rules and Regulations and Policies and Procedures of Louisiana Swimming. It shall be the swimmers’ and coaches’ responsibility to acquaint themselves with all of the information in this rulebook.

At this meet, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision if requested in advance. Swimmers will be respectful and obey recommendations of all meet personnel.

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Changing into and out of swimsuits other than in locker rooms or other designated areas is prohibited.

Meet Entries: The USA Swimming Online Meet Entry (OME) will be used for all meet entries (www.usaswimming.org/ome). The deadline to submit entries is Wednesday, July 3, 2019 by 11:59 p.m. CST. All entry questions should be directed to Colleen Barczyk of COLA Swimming at docsbcg@bellsouth.net.

Late entries for swimmers already entered in the meet will be on a first come first serve basis into open lanes of that event. No new heats will be added. A late entry request must be made by that session's sign in deadline. Cost is \$150.00 per event plus an additional \$150.00 to be relay eligible.

OME is not an eligibility report. It is the coach's responsibility to know which events your athlete is qualified. You can modify your entry online by adding to the original entry. You may not delete an online entry once it has been submitted. Once you complete your online entry, you will be sent an email confirmation. Please file this and have accessible during the meet in the event they are needed for reference.

Special Needs Entries: Swimmers with special needs may participate in this meet in the following events: 50 Freestyle, 50 Backstroke, 50 Breaststroke, and 50 Butterfly in the appropriate age group and gender. Please enter using the attached entry form only.

Entry Fees: Fees for individual events are \$ 5.00 each. Fees for relay events are \$12.00 each. A \$12.00 surcharge will be assessed each athlete who participates in the Championship Meet. Club checks should be made payable to Louisiana Swimming, Inc.

Proof of Time: SWIMS, the national times database of USA Swimming will be used for proof of times. Times from USA Swimming sanctioned and observed competitions (including high school championship meets) may be used as qualifying times. Qualifying times have been established in meters and yards for all age groups. Respective entries must reflect meter or yard entry times as set forth by the state qualifying times. Qualifying times may be done in long course meters or short course yards. All individual entry times must be proven prior to the event through the SWIMS database. No swimmer will be permitted to swim without said proof of time through OME or when necessary, providing alternate proof of time to the LSC Registrar for verification.

Scratch Procedures: This meet will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. Coaches must declare a false start/scratch of the athlete in the preliminary event. The penalty for failure to compete in an individual preliminary heat in which a swimmer is entered and has not been scratched will be that a team coach, or penalized athlete, must confirm all future swims for that swimmer with the Clerk of Course or Meet Referee.

The Scratch Rule regarding confirmation of swimmers for the Consolation Finals and Championship Finals and for positive check-in Timed Finals will be implemented. Any swimmer who fails to compete in a Consolation Final, Championship Final or positive check-in Timed Final heat for which they have qualified and failed to scratch with the Clerk of Course or Meet Referee prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations.

Relays: Relay cards are to be turned into the specific lane timer (or meet administration as determined by the Meet Referee) before the team's heat begins. Relay cards must show the names and order of swimming

of competing swimmers. Relay cards that are improperly filled out will result in the team being fined \$25 per infraction, payable prior to swimming the next event.

All relays will be Timed Finals. Age Group Relays will be contested at the end of the Preliminary Sessions (Sat & Sun).

Relays will be seeded slowest to fastest by submitted times. Relays submitted with no time will not be accepted.

Only swimmers appearing on team official entry blanks are eligible to swim in relays. Relay-only swimmers must be entered on your roster in OME.

Teams may enter a maximum of 2 relays per event.

Seeding: The seeding order is long course meters (LCM), then short course yards (SCY).

Meet Scoring: Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values per place.

Results: All results will be available on the Louisiana Swimming website (www.louisianaswimming.org)

Awards: For individual events, medals will be awarded to the 1st through 8th places; ribbons will be awarded to 9th through 16th places; and All State patches will be awarded to 1st through 3rd places.

***Awards for the Top 3 finishers in individual events will follow the attached schedule.**

For relays, medals will be awarded to 1st through 3rd places; ribbons will be awarded to 4th through 16th places; and All State patches will be awarded to 1st through 3rd places.

Overall team championship awards will be awarded to 1st through 8th places.

Individual high point awards will be awarded to one outstanding boy and girl swimmer of each age group who accumulates the highest number of points for each respective category.

Team Spirit/Sportsmanship Award was initiated by the athletes to create a more enthusiastic championship meet and encourage fast swimming. This award is presented to the team who demonstrates not only great spirit through team cheers, signs, etc., but also good sportsmanship. Every team has two votes to cast by Sunday evening. The meet referee as well as five other randomly chosen officials will each have two votes to be counted in the final tally. Meet officials will be randomly chosen prior to the Friday night session. Ballots will be in the team packet and should be returned by 6:00 p.m. Sunday.

Non-Athletes: All coaches, meet directors, referees, starters, and stroke and turn judges, serving in an official capacity must be members of USA Swimming. All non-athletes must be prepared to present their USA Swimming ID card as proof of their registration to the Meet Referee or designee at any time. The Meet Referee reserves the right to deny deck access if a coach does not comply or card is no longer valid or current.

Meet Officials: Each participating team shall provide officials or assume various responsibilities as outlined on the Work Assignments. Teams failing to comply with these assignments will be subject to any or all of the following: \$100.00 fine and still required to provide officials/timers or expulsion from the meet with no return of entry fees.

If unable to fulfill the assigned requirements, teams must submit a statement with their entries outlining

which responsibilities they can fulfill, and which they cannot fulfill. If you are unable to provide workers for your assigned positions, please notify Richard Whitney (rdw2usas@gmail.com) in writing stating the reasons you will be unable to comply within 24 hours of the Work Assignments being published.

It is the responsibility of the team to ensure that their officials be up to date on registration, background check, and athlete protection training. Fielding the names of officials out of compliance will not satisfy the official's obligations of the respective team. While Officials Chair Rick Whitney will send reminders to the entire roster, the team and the individual must ensure compliance.

Officials This meet has been designated for USA Swimming official's re-certification and possible national
Re-certification: certification. The required briefings will be held 45 minutes in advance of each session. Official's LSC Re-certification Clinic will be held between Prelims and Finals on Saturday. Stroke and Turn Certification Clinic will be conducted between sessions on Sunday.

Coaches If required, a coaches meeting will be held on Friday before the first session at 3:15 p.m. If required,
Meeting: there will be a meeting of the coaches prior to the start of each session.

Meet Referee: Richard Whitney

Meet Director: Mike Falati and/or Jimmie Jones

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Order of Events

Female			Male
Event No.	Age Group	Event	Event No.
FRIDAY			
<i>The 50 Free is a Prelim/Final event. Prelims will be swum before the 400 Free with the Consolation and Championship Final heats swimming 10 minutes after the conclusion of the 400 Free.</i>			
<i>The 400 Free is a Timed Final and positive check-in event swum slowest to fastest. This event is limited to the top 40 girls and boys signed in. Check-in closes at 4:15 p.m.</i>			
<i>Warm-up will begin at 3:30 p.m. Meet starts at 4:30 p.m.</i>			
1	10 & Under	50 Free	2
3	11 – 12	50 Free	4
5	12 & Under	400 Free	6
SATURDAY			
<i>Prelims: Warm-up time dependent on meet size. Meet starts at 9:00 a.m. (or earlier due to meet size)</i>			
<i>Events #7 through #10 are Timed Finals events, contested slowest to fastest with the fastest two heats of each swimming in Finals. Check-in for the 200 Free closes at 8:45 a.m.</i>			
<i>Finals: Warm-up will begin at 3:30 p.m. Meet starts at 4:30 p.m.</i>			
7	10 & Under	200 Freestyle	8
9	11 – 12	200 Freestyle	10

11	10 & Under	100 Breaststroke	12
13	11 – 12	100 Breaststroke	14
15	10 & Under	50 Backstroke	16
17	11 – 12	50 Backstroke	18
19	10 & Under	100 Butterfly	20
21	11 – 12	100 Butterfly	22
<i>All relays will swim in the morning with no break.</i>			
23	10 & Under	200 Free Relay	24
25	12 & Under	200 Free Relay	26
SUNDAY			
<i>Prelims: Warm-up time dependent on meet size. Meet starts at 9:00 a.m. (or earlier due to meet size) Events #27 through #30 are Timed Finals events, contested slowest to fastest with the fastest two heats of each swimming in Finals. Check-in for the 200 IM closes at 8:45 a.m.</i>			
<i>Finals: Warm-up will begin at 3:30 p.m. Meet starts at 4:30 p.m.</i>			
27	10 & Under	200 IM	28
29	11 & 12	200 IM	30
31	10 & Under	50 Breaststroke	32
33	11 & 12	50 Breaststroke	34
35	10 & Under	100 Backstroke	36
37	11 & 12	100 Backstroke	38
39	10 & Under	50 Butterfly	40
41	11 & 12	50 Butterfly	42
43	10 & Under	100 Freestyle	44
45	11&12	100 Freestyle	46
<i>All relays swim in the morning with no break.</i>			
47	10 & Under	200 Medley Relay	48
49	12 & Under	200 Medley Relay	50

Swimmers with Disabilities Meet Entry Summary Sheet

Name: _____
DOB: _____
Male or Female: _____
Address: _____
City: _____ State: _____ Zip: _____
Age on 1st day of meet: _____
Swimmer/Parent E-mail Address: _____
Club: _____
Club Coach: _____
Phone: _____
Parent/Guardian's Name: _____
Phone: Day: _____ Cell: _____
Emergency Contact: Name: _____
Phone: _____

EVENT ENTRY TIME Accommodation Requested

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Please indicate the swimmer's requested accommodation (lane, event of diff distance, etc) for each event. The Meet Referee has the final decision regarding seeding procedures. (Write NA if none necessary)

I certify that the above listed times are correct.

Signed: _____

Date: _____

Club Head Coach/Age Group Coach (REQUIRED SIGNATURE): _____