



2019 LOUISIANA 12 AND UNDER SHORT COURSE STATE SWIMMING CHAMPIONSHIPS

Feb. 22-24, 2019

- Sponsor:** Louisiana Swimming, Inc.
- Location:** LSU Natatorium
- 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, Feb. 22 through Sunday, Feb. 24, 2019. Friday night warm-ups will begin at 3:30 p.m. The meet will start at 4:30 p.m. Preliminary Sessions will start at 9:00 a.m. or earlier depending on meet size. Warm-up times are dependent upon the meet size and will be posted prior to the meet. Finals sessions will start at 4:30 p.m., with warm-ups beginning at 3:30p.m. Warm-up times and meet start times are subject to change due to meet size. All warm-ups for prelims and finals will be assigned.
- Facility:** Indoor 50 meter pool divided into two eight-lane 25-yard pools by paddock bulkheads with non-turbulent lane lines. The competition course has been certified in accordance with 104.2.2C (4). The indoor pool depth is 7 feet continuous. There is a six-lane diving well 25 yard pool has a depth of 14-17 feet. Electronic timing is provided for all 16 lanes. Starting blocks will be provided for both pools. Dressing and locker-rooms are available. A concession stand is available.
- Timing:** Daktronics automatic timing with scoreboard display will be the primary system. Secondary system will be manual – electronic with two buttons per lane. Tertiary system will be one digital watches per lane with a second watch on first place in each heat.
- Eligibility:** No swimmer will be permitted to compete unless the swimmer is 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 Feb. 22, 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. There are no bonus swims. Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" or "B".
Swimmers participating in both 12&U and 13&O state meet are limited to 6 individual events total.
- Format:** Preliminaries and finals will be contested in all individual events except for the following which will be timed finals: 500 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 finals and Championship finals heats

will each contain a maximum of eight swimmers. The heat sheet for finals events will list two alternates. If additional alternates are required, they will be pulled sequentially from the preliminary results.

The preliminary events will reserve the right to have two courses based on size of the meet. At the discretion of the Meet Referee and Meet Director, the preliminary sessions may be conducted using flyover starts. Details of any changes to normal meet operations protocol will be published at the same time as work assignments and session reports. The courses for each day will be announced prior to the meet. This meet has been exempt from the LSI time limit rule.

The 50 Free is a prelim/ final event. The prelims will swim before the 500 Free and the consolation and final heats will swim 10 minutes after the conclusion of the 500 Free.

The 500 Free will be contested as a timed final event on Friday. **ONLY THE TOP 40 swimmers entered in the 500 free will swim. Athletes not making into the Top 40 will notified and allowed to pick alternate events that they have a qualifying time in.**

The 200 Free and 200 IM will be contested as a timed final event in the regular meet event order. The fastest two heats of 11 - 12 and 10 and under female and male swimmers will be contested in the finals. All other heats will be contested slowest to fastest in preliminaries.

200 IM, 200 free, and 500 free are positive check in events. These events will be contested slowest to fastest. Check in deadline is 15 minutes prior to the start of the meet.

Rules:

Conduct of this sanctioned meet shall conform in every respect to the 2019. United States Swimming Rules and Regulations 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 the Meet Marshals.

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, Feb. 13, 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 or events for swimmers already in the meet will be on a first come first serve basis into open lanes of that event. No new heats will be added. Late entry request must be made by that session's sign in deadline. Cost is the meet surcharge plus \$150.00 per each event. An additional \$150.00 must be paid 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 yards or meters for all age groups. Respective entries must reflect yard or meter after entry times as set forth by the state qualifying times. Qualifying times may be done in short course yards, long course meters or short course meters. 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 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 finalist who fails to compete at Championship finals, Consolation finals or any other bonus final heat, for which he has 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 before the team's heat begins. All relays will be timed finals. Age group relays for 12 and under and 10 and under will be contested in the preliminary sessions. Relays submitted with no times will not be accepted.

Relays will be seeded by submitted times. When reporting to the starting block, 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. Swimmers are limited to one relay per session.

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 short course yards (SY), long course meters (LC), and short course meters (SM).

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: Individual and relay awards will be given for all athletes scoring points and distributed to teams at the conclusion of the meet. 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. 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 on 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 Thursday night session. Ballots will be handed out at the end of preliminaries on Sunday and should be handed in by 6:00 p.m. Sunday to the senior athlete representative.

Award ceremonies will follow the attached schedule.

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 prove their USA Swimming registration to the Meet Director or designee at any time. The meet referee reserves the right to deny deck access if a coach is no longer currently registered.

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 necessary, final resolution of problems concerning these responsibilities will be made at the coordination meeting on Thursday night. If you are unable to provide workers for your assigned positions, please notify Richard Whitney **in writing prior to the meet starting**. State the reasons you will be unable to comply. Richard Whitney, e-mail: rdw2usas@gmail.com.

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

Coaches Meeting: If required, a coaches meeting will be held on Thursday before the first session at 4:15 p.m. in the hospitality room. If required, there will be a meeting of the coaches prior to the start of each session.

If necessary, coaches should be ready to attend a meeting regarding the Long Course State Meet and any other appropriate business.

Meet Referee: Richard Whitney

Meet Director: Mike Falati

Order of Events

Female			Male
Event No.	Age Group	Event	Event No.
FRIDAY			
<p><i>The 50 Free is a prelim/ final event. Prelims will be swum before the 500 and the consolation and championship final heats will swim 10 minutes after the conclusion of the 500 free. The 500 Free is a timed final event swum slowest to fastest. Top 40 swimmers in #5 and #6 are permitted to compete. Warm-up at 3:30 p.m. Meet starts at 4:30 p.m.</i></p>			
1	10 & Under	50 Free	2
3	11 - 12	50 Free	4
5	12 & Under	500 Free	6
SATURDAY			
<p><i>Prelims: Warm-up time dependent on meet size. Meet starts at 9:00 a.m. (or earlier due to meet size) Finals: Warm-up at 3:30p.m. Meet starts at 4:30 p.m. Events 7 through 10 are timed finals events, contested slowest to fastest with the fastest two heat of each swimming in finals.</i></p>			
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
23	10 & Under	100 IM	24
25	11 - 12	100 IM	26
<p><i>All relays will swim in the morning with no break.</i></p>			
27	10 & Under	200 Free Relay	28
29	12 & Under	200 Free Relay	30
SUNDAY			
<p><i>Prelims: Warm-up time dependent on meet size. Meet starts at 9:00 a.m. (or earlier due to meet size) Finals: Warm-up at 3:30p.m. Meet starts at 4:30 p.m. Events 31 through 34 are timed finals events, contested slowest to fastest with the fastest two heat of each swimming in finals.</i></p>			
31	10 & Under	200 IM	32
33	11 - 12	200 IM	34
35	10 & Under	50 Breaststroke	36
37	11 - 12	50 Breaststroke	38
39	10 & Under	100 Backstroke	40
41	11 - 12	100 Backstroke	42
43	10 & Under	50 Butterfly	44
45	11 - 12	50 Butterfly	46
47	10 & Under	100 Freestyle	48
49	11 - 12	100 Freestyle	50
<p><i>All relays swim in the morning with no break.</i></p>			
51	10 & Under	200 Medley Relay	52
53	12 & Under	200 Medley Relay	54

Event and Awards Schedule - 12 & Under State Meet

Friday Feb.22nd

50 Freestyle 10 & U

50 Freestyle 11-12

500 Freestyle 12 & U

500 Freestyle Awards

50 Freestyle 10 & U

50 Freestyle 11-12

Saturday Feb.23rd

200 Freestyle 10 & U

200 Freestyle 11-12

50 Freestyle Awards

100 Breaststroke 10 & U

100 Breaststroke 11-12

200Fr Awards

50 Backstroke 10 & U

50 Backstroke 11-12

100 Breaststroke Awards

100 Butterfly 10 & U

100 Butterfly 11-12

50 Backstroke Awards

100 IM 10 & U

100 IM 11-12

Sunday Feb 24th

200 IM 10 & U

200 IM 11-12

100 Butterfly Awards

100 IM Awards

50 Breaststroke 10 & U

50 Breaststroke 11-12

200 IM Awards

100 Backstroke 10 & U

100 Backstroke 11-12

50 Breaststroke Awards

50Fly 10 & U

50Fly 11-12

100 Backstroke Awards

100Fr 10 & U

100Fr 11-12

50 Butterfly Awards

100Freestyle Awards