



# 2019 LOUISIANA 13 and UP SHORT COURSE STATE SWIMMING CHAMPIONSHIPS

February 14-17, 2019

- Sponsor:** Louisiana Swimming, Inc.
- Location:** Hosted by SPAR Swimming. Sulphur Aquatics Center, 933 W Parish Rd, Sulphur, LA 70663
- 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:** Thursday, February 14 through Sunday, February 17, 2019. Thursday night open warm-ups will begin at 4:30 and the meet will start at 6:00. 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 5:00 p.m. with open warm-ups from 3:30 – 4:20 p.m. and controlled warm-ups from 4:20 – 4:50 p.m. Warm-up times and meet start times are subject to change due to meet size.
- 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 not been certified in accordance with 104.2.2C (4). Electronic timing is provided for all 16 lanes. There is one warm-up pool adjacent to the main pool. Starting blocks will be provided for both pools. Dressing and locker-rooms are available. A concession stand is available. No food or drink is allowed on the pool deck. A section of the water park deck will be available with seating and separate rest rooms. Food and drink are allowed in this area only.
- The water depth in the east pool at the start is 6'8"; 15 meters from the start the depth is 7'0". At the turn, the depth is 7'4"; 15 meters from the turn, the depth is 6'10". The water depth in the west pool at the start is 13'0"; 15 meters from the start, the depth is 7'11". At the turn, the depth is 7'7"; 15 meters from the turn, the depth is 10'6".
- Timing:** Colorado 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 third 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 February 14, 2019 will determine the swimmer's age for the entire meet. **Swimmers who turn 13 between the 12 and under Short Course State Championships and the 13 and over Short Course State Championships will be permitted to swim in the 13 and over meet provided they do not exceeded the 6 event entry limit for both sessions of state combined and have the qualifying times.** These entries will not be done on OME. Send directly to [docsbcg@bellsouth.net](mailto:docsbcg@bellsouth.net) prior to meet entry deadline.

**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 allowed. Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" or "B". Deck entries will not be permitted.

**The entry limit is 6 individual events total if an athlete participates in both the 12 and under Short Course State Championships and the 13 and over Short Course State Championships.**

**Format:** Preliminaries and finals will be contested in all individual events except for the following which will be timed finals: 1000 Free, 400 IM, 500 Free and 1650 Free. Finals with two heats (Consolation and Championship) will be held for all other 13-14, 15-16 and Open 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, the preliminary sessions may be conducted using flyover starts. Details of any changes to normal meet operations protocol will be published with the 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.

**Distance Events:** All scratches or confirmation and, if necessary, proof of seed time must be reported to the clerk of course one hour prior to the event being contested.

The 1000 Free will be swum on Thursday night fastest to slowest. It will be mixed age groups and mixed gender. Swimmers must have the qualifying time for the 1500/1650 Free or 800/1000 Free to swim this event. This is a positive check-in event.

The 500 Free, 400 IM, and 1650 Free are timed finals and positive check-in events. All swimmers must sign in and declare preference to swim in either the AM or PM session by the sign-in deadline. The individual events are described below as to how many swim in the PM session.

The fastest two heats of the women's and men's 400 IM will be contested in the Finals. The 400 IM will be the first event during the Final session. All other heats will be contested fastest to slowest in the preliminary session in the regular event order. This is a positive check-in event. Swimmers must have the qualifying time to swim this event and must **provide their own timers if swimming during Prelims.**

The fastest two heats of women's and men's 500 Free will be contested in the Finals. The 500 Free will be the first event during the Final session. All other heats will be contested fastest to slowest in preliminaries on Saturday at the conclusion of the relays. This is a positive check-in event. Swimmers must have the qualifying time to swim this event and must **provide their own timers and counters if swimming during Prelims.**

The top women's heat and top men's heat of the 1650 Free will be as the contested first event Sunday night, simultaneously in two separate pools. All but the top two heats of the 1650 Free will be contested 10 minutes after the conclusion of the preliminaries on Sunday. This event will be contested fastest to slowest. This is a positive check-in event. Swimmers must have the qualifying time for the 1500/1650 Free or 800/1000 Free to swim this event. **Swimmers are to provide their own timers and counters if swimming during Prelims.** Participants will then be seeded according to the USA seeding rules for Timed Finals.

**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](http://www.usaswimming.org/ome)). The deadline to submit entries is Wednesday, February 6, 2019 by 11:59 p.m. CST. All entry questions should be directed to Colleen Barczyk of COLA Swimming at [docsbcg@bellsouth.net](mailto:docsbcg@bellsouth.net).

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: 100 backstroke, 100 butterfly, 100 freestyle, 100 breaststroke, and 50 freestyle in the appropriate gender and age group. Please enter using the online entry form on the Louisiana Swimming Website.

**Late Entries:** After the OME entry deadline swimmers may be entered. Additional events may be added for swimmers already in the meet. Entries will be added into open lanes of the events wishing to be entered. The deadline to submit a late entry will coincide with the deadline for that days sign in event. These entries will be accepted on a first come first served basis and no new heats will be added. The late entry fee will be the meet surcharge plus \$150.00 per event. An additional \$150.00 must be paid to be relay eligible.

**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 and Open events. 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 the team's 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 Finals and for deck-seeded Timed Finals will be implemented. Any finalist who fails to compete at finals, consolation finals or any other bonus final heat, for which they 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. There will be a ready room utilized for all individual finals events.

**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 13 - 14 and 15 - 18 years old will be competed in the preliminary sessions. Open relays will be competed in the finals sessions. Relays in the morning preliminary sessions will be contested slowest to fastest by event number. Relays in the evening finals sessions will be contested second fastest female heat, followed by fastest female heat, followed by second fastest male heat, followed by fastest male heat, followed by alternating the fastest female and then male heats until relays are completed. **Teams must provide own timers for Open Relays.** 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.

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. Open relays must equal or better qualifying times in order to score points. Individual points scored in age group events are not scored toward Open individual and/or team awards. Points scored in Open events are scored toward age group individual and/or team award providing that event is not offered in their respective age group.

**Results:** All results will be available on the Louisiana Swimming website ([www.louisianaswimming.org](http://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 3rd places; ribbons will be awarded to 4th through 8th 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 8th 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 each outstanding boy and girl swimmer of each age group and open category who accumulates the highest number of points for each respective category.

Damon McCoy Swimmer of the Meet Award will be presented following the final event on Sunday evening.

Team Spirit/Sportsmanship Award was initiated by the athlete representatives and issued for the first time at the 1997 Long Course State Meet and is presented at each state meet. This award was initiated 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.

**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 provide proof of their registration to the Meet Director or designee at any time. The meet referee reserves the right to ask for a coach's credentials and deny deck access if the coach does not comply or 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](mailto:rdw2usas@gmail.com)

**Officials Recertification:** This meet has been designated for USA Swimming official's recertification and possible national certification. The required briefings will be held 45 minutes in advance of each session. Official's LSC Recertification 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 5:45 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.

**Athlete's Rep:** If necessary, there will be a meeting of all athletes during the meet.

**Meet Referee:** Richard Whitney

**Meet Director:** Mike Falati

## Order of Events

| Female   |           |                                       | Male      |
|--|-----------|---------------------------------------|-----------|
| Event No.  | Age Group | Event                                 | Event No. |
| <b>THURSDAY</b>  |           |                                       |           |
| <i>Timed Finals: Open warm-up at 4:30 p.m. Meet starts at 6:00 p.m. There will be a 10 minute break after events 1 and 2.</i>  |           |                                       |           |
| 1  | Open      | 1000 Freestyle                        | 2         |
| 3  | Open      | 800 Freestyle Relay                   | 4         |
| <b>FRIDAY</b>  |           |                                       |           |
| <i>Prelims: Warm-up start dependent on meet size. Meet starts at 9:00 a.m. (or earlier due to meet size)</i>   |           |                                       |           |
| <i>Finals: Warm-up at 3:30 p.m. (50 minutes open and 30 minutes controlled. Meet starts at 5:00 p.m.)</i>  |           |                                       |           |
| 7  | 13-14     | 200 Freestyle                         | 8         |
| 9  | 15-16     | 200 Freestyle                         | 10        |
| 11   | Open      | 200 Freestyle                         | 12        |
| 13   | 13-14     | 100 Backstroke                        | 14        |
| 15   | 15-16     | 100 Backstroke                        | 16        |
| 17   | Open      | 100 Backstroke                        | 18        |
| 19   | 13-14     | 100 Butterfly                         | 20        |
| 21   | 15-16     | 100 Butterfly                         | 22        |
| 23   | Open      | 100 Butterfly                         | 24        |
| <i>In prelims, there will be a 10 minute break after event 24 and before event 5. In finals, events 5 and 6 will be contested first with the fastest 2 heats of women and the fastest 2 heats of men.</i>  |           |                                       |           |
| 5  | All Ages  | 400 IM                                | 6         |
| <i>In finals, there will be a 10 minute break after event 24 and before event 25</i>   |           |                                       |           |
| 25   | Open      | 400 Freestyle Relay (Finals Session)  | 26        |
| <b>SATURDAY</b>  |           |                                       |           |
| <i>Prelims: Warm-up start dependent on meet size. Meet starts at 9:00 a.m. (or earlier due to meet size)</i>   |           |                                       |           |
| <i>Finals: Warm-up at 3:30p.m. (50 minutes open and 30 minutes controlled. Meet starts at 5:00 p.m.)</i>   |           |                                       |           |
| 29   | 13-14     | 200 Butterfly                         | 30        |
| 31   | 15-16     | 200 Butterfly                         | 32        |
| 33   | Open      | 200 Butterfly                         | 34        |
| 35   | 13-14     | 100 Freestyle                         | 36        |
| 37   | 15-16     | 100 Freestyle                         | 38        |
| 39   | Open      | 100 Freestyle                         | 40        |
| 41   | 13-14     | 200 Breaststroke                      | 42        |
| 43   | 15-16     | 200 Breaststroke                      | 44        |
| 45   | Open      | 200 Breaststroke                      | 46        |
| <i>Events 27-28 are Timed Final events, contested mixed age but separate gender. In prelims, the 500 free will be after event 46 with after a 10 minute break. The fastest 2 heats of women and men will swim in finals as the first event of the night.</i> |           |                                       |           |
| 27   | All Ages  | 500 Freestyle                         | 28        |
| <i>Relays events 51-54 will be contested during prelims, after event 46 and before events 27-28.</i>   |           |                                       |           |
| 47   | 13-14     | 200 Freestyle Relay (Prelims Session) | 48        |
| 49   | 15-18     | 200 Freestyle Relay (Prelims Session) | 50        |
| <i>In finals, there will be a 10 minute break before event 55, following event 50</i>  |           |                                       |           |
| 51   | Open      | 400 Medley Relay (Finals Session)     | 52        |

| <b>SUNDAY</b>   |          |                                    |    |
|---|----------|------------------------------------|----|
| <i>Prelims: Warm-up start dependent on meet size. Meet starts at 9:00 a.m. (or earlier due to meet size)</i>  |          |                                    |    |
| <i>Finals: Warm-up at 3:30p.m. (50 minutes open and 30 minutes controlled. Meet starts at 5:00 p.m.)</i>  |          |                                    |    |
| 55  | 13-14    | 200 Individual Medley              | 56 |
| 57  | 15-16    | 200 Individual Medley              | 58 |
| 59  | Open     | 200 Individual Medley              | 60 |
| 61  | 13-14    | 100 Breaststroke                   | 62 |
| 63  | 15-16    | 100 Breaststroke                   | 64 |
| 65  | Open     | 100 Breaststroke                   | 66 |
| 67  | 13-14    | 200 Backstroke                     | 68 |
| 69  | 15-16    | 200 Backstroke                     | 70 |
| 71  | Open     | 200 Backstroke                     | 72 |
| 73  | 13-14    | 50 Freestyle                       | 74 |
| 75  | 15-16    | 50 Freestyle                       | 76 |
| 77  | Open     | 50 Freestyle                       | 78 |
| 79  | 13-14    | 200 Medley Relay (Prelims Session) | 80 |
| 81  | 15-18    | 200 Medley Relay (Prelims Session) | 82 |
| <i>There will be a 10 minute break after event 82 and before the starts of events 53 and 54. The top two heats will be contested at the beginning of finals and the other heats will be at the end of prelims. The meet referee will announce which course/s and when the 1650s will swim and whether the race will be combined gender or separate gender. This is a Timed Final event. The top women's heat and top men's heat will be contested simultaneously in the evening in two separate pools</i> |          |                                    |    |
| 53  | All Ages | 1650 Freestyle                     | 54 |