



2019 LOUISIANA LONG COURSE STATE SENIOR SWIMMING CHAMPIONSHIPS

July 18-21, 2019

- Sponsor:** Louisiana Swimming, Inc.
- Location:** LSU Natatorium: Nicholson Dr. & W. Chimes St., Baton Rouge, La. 70808.
- 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, July 18 through Sunday, July 21, 2019.**
Preliminary sessions will start at 9:00 a.m., Finals will start at 5:00 p.m.
Warm-up sessions for Prelims will begin at 7:30 a.m., Finals' warm-ups will begin at 3:30 p.m.
Warm-up times and meet start times are subject to change based upon the meet size. Times will be posted prior to the meet.
- Facility:** Indoor 50 meter pool with non-turbulent lane lines. The competition course has been certified in accordance with 104.2.2C (4). The pool depth is 7 feet continuous. There is a six-lane 25 yard diving well pool that has a depth of 14-17 feet. Electronic timing is provided for all 8 lanes. Starting blocks will be provided on both sides of the pool. 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 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 USAS 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 18, 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 seven (7) individual events total. Swimmers are limited to one relay per session. 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: 800 Free, 400 Free, 400 IM, 1500 Free. Finals with two heats (Consolation and

Championship) will be held for all other 13-14, 15-16 and Open 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 Preliminary Sessions may be conducted to run 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.

**Distance
Events:**

Athletes or coaches are required to positively check-in for all Timed Final events (listed below) at least 15 minutes prior to the start of each day's Prelims and declare their desire to swim in the Preliminary or Finals Session. All ages will be seeded to compete together but scored 13-14, 15-16, and Open.

Thursday 800 Free: Fastest 8 female and 8 male competitors will swim in Finals. All other participants will swim after the 200 Fly (Event #20) in the Preliminary Session alternating female and male heats fastest to slowest. Swimmers must provide their own timer and counter for the Preliminary Session swims.

Friday 400 Free: Fastest 16 female and 16 male competitors will swim in Finals. All other participants will swim after the 200 Medley Relays (Event #40) in the Preliminary Session alternating female and male heats fastest to slowest. Swimmers must provide their own timer for the Preliminary Session swims.

Saturday 400 IM: Fastest 16 female and 16 male competitors will swim in Finals. All other participants will swim after the 200 Free Relays (Event #60) in the Preliminary Session alternating female and male heats fastest to slowest. Swimmers must provide their own timer for the Preliminary Session swims.

Sunday 1500 Free: Fastest 8 female and 8 male competitors will swim in Finals. All other participants will swim after the 100 Free (Event #82) in the Preliminary Session alternating female and male heats fastest to slowest. Swimmers must provide their own timer and counter for the Preliminary Session swims.

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 10, 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: 100 Backstroke, 100 Butterfly, 100 Freestyle, 100 Breaststroke, and 50 Freestyle in the appropriate gender and age group. 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 group and Open events. 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 the team's 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 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 for 13-14 and 15-18 years old will be competed in the Preliminary Sessions (Fri & Sat). Open Relays will be competed in the finals sessions (Thurs-Sat).

Age Group Relays in the Preliminary Sessions will be contested slowest to fastest by event number. Open Relays in the 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 timers for their own Open Relay teams.

Relays will be seeded by submitted times. Relays submitted with no times 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. In order to swim multiple Age Group relays (13-14 and 15-18), the composition within each age group is as follows: swimming one relay requires one individual qualifier and two relays require five individual qualifiers.

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.

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).

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 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 Thursday night session. Ballots will be in the team packet and should be handed in 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.

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 Prelims 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 at a time designated by the Meet Director. If required, there will be a meeting of the coaches prior to the start of each session.

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

Meet Referee: Richard Whitney

Meet Director: Dave Guyer

Order of Events

Female			Male
Event No.	Age Group	Event	Event No.
THURSDAY			
<i>Prelims: Warm-up will start at 7:30 a.m., Meet starts at 9:00 a.m. (or earlier due to meet size)</i> <i>Finals: Warm-ups will start at 3:30 p.m., Meet starts at 5:00 p.m.</i> <i>800 Free: Fastest 8 female and 8 male swim in Finals, remaining heats swim after Event 20 of Prelims.</i> <i>There will be a 10 minute break after Event 20 in Prelims and Finals.</i>			
1	13-14	200 Individual Medley	2
3	15-16	200 Individual Medley	4
5	Open	200 Individual Medley	6
7	Open	800 Freestyle	8
9	13-14	50 Freestyle	10
11	15-16	50 Freestyle	12
13	Open	50 Freestyle	14
15	13-14	200 Butterfly	16
17	15-16	200 Butterfly	18
19	Open	200 Butterfly	20
21	Open	400 Freestyle Relay (Finals)	22
FRIDAY			
<i>Prelims: Warm-ups will start at 7:30 a.m., Meet starts at 9:00 a.m. (or earlier due to meet size)</i> <i>Finals: Warm-ups will start at 3:30 p.m., Meet starts at 5:00 p.m.</i> <i>400 Free: Fastest 16 female and 16 male swim in Finals, remaining heats swim after Event 40 of Prelims.</i> <i>There will be a 10 minute break after Event 40 in Prelims.</i> <i>There will be a 10 minute break after Event 36 in Finals.</i>			
23	Open	400 Freestyle	24
25	13-14	100 Breaststroke	26
27	15-16	100 Breaststroke	28
29	Open	100 Breaststroke	30
31	13-14	200 Backstroke	32
33	15-16	200 Backstroke	34
35	Open	200 Backstroke	36
37	13-14	200 Medley Relay	38
39	15-18	200 Medley Relay	40
41	Open	800 Freestyle Relay (Finals)	42

SATURDAY

Prelims: Warm-ups will start at 7:30 a.m., Meet starts at 9:00 a.m. (or earlier due to meet size)

Finals: Warm-ups will start at 3:30 p.m., Meet starts at 5:00 p.m.

400 IM: Fastest 16 female and 16 male swim in Finals, remaining heats swim after Event 60 of Prelims.

There will be a 10 minute break after Event 60 in Prelims.

There will be a 10 minute break after Event 56 in Finals.

43	Open	400 Individual Medley	44
45	13-14	100 Backstroke	46
47	15-16	100 Backstroke	48
49	Open	100 Backstroke	50
51	13-14	200 Freestyle	52
53	15-16	200 Freestyle	54
55	Open	200 Freestyle	56
57	13-14	200 Freestyle Relay	58
59	15-18	200 Freestyle Relay	60
61	Open	400 Medley Relay (Finals)	62

SUNDAY

Prelims: Warm-up will start at 7:30 a.m., Meet starts at 9:00 a.m. (or earlier due to meet size)

Finals: Warm-up will start at 3:30 p.m., Meet starts at 5:00 p.m.

1500 Free: Fastest 8 female and male swim in Finals, remaining heats swim after Event 82 in Prelims.

There will be a 10 minute break after Event 82 in Prelims.

63	Open	1500 Freestyle	64
65	13-14	100 Butterfly	66
67	15-16	100 Butterfly	68
69	Open	100 Butterfly	70
71	13-14	200 Breaststroke	72
73	15-16	200 Breaststroke	74
75	Open	200 Breaststroke	76
77	13-14	100 Freestyle	78
79	15-16	100 Freestyle	80
81	Open	100 Freestyle	82

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 _____
- 5 _____

Please indicate the swimmers 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): _____