



Crawfish Aquatics

2020 LA Long Course Invitational

Crawfish Aquatics Pool, Baton Rouge, LA

May 15-17, 2020

Meet Sanction and Host Team

This meet is sanctioned by Louisiana Swimming, Inc., Sanction #
Crawfish Aquatics, LLC Meet Host

Meet Administration

Ron Moore Meet Referee
Billy Newport Meet Director, meets@crawfishaquatics.com

Meet Schedule

Session 1	Friday	warm-up: 4:30PM	meet: 5:15PM
Session 2	Saturday Open Events	warm-up: 7:00/7:30AM	meet: 8:15AM
Session 3	Saturday 12 & Under	warm-up: 12:00pm (confirmed the week of meet)	
Session 4	Sunday Open Events	warm-up: 7:00/7:30AM	meet: 8:15AM
Session 5	Sunday 12 & Under	warm-up: 12:00pm (confirmed the week of meet)	

Facilities

- Crawfish Aquatics, located inside Ketcham Health & Fitness Bldg., campus of Jimmy Swaggart Ministries, 7150 Bluebonnet Boulevard, Baton Rouge, La. 70810
- Parking is located adjacent to the pool and on the side of the building.
- Indoor, heated, eight-lane 50 meter pool with moveable bulkhead (set to 50 meter course). Non- turbulent lane ropes, lane width seven feet.
- Separate warm-up/warm-down area available.
- Colorado 6000 electronic timing system with Infinity starter, touch pads with button and stopwatch backup.

Parking

Crawfish Aquatics parking lot is located off of Anselmo Lane. Do not park in the Ketcham Fitness lot off of Bluebonnet! From Bluebonnet, turn on Anselmo and follow it past the Capitol One Bank. Turn left at the first paved road, Crawfish Aquatics sign. Continue 1/4 mile, the pool is in the first building on the left.

Rules and Meet Regulations

- Conduct of this sanctioned event shall conform in every respect to all technical and administrative 2019 rules of USA Swimming and Louisiana Swimming.
- “Swimmers with a disability as described in the USA Swimming Technical Rules, Article105, shall be permitted to enter any meet sanctioned by Louisiana Swimming Inc.”
- Coaches and officials (meet directors, referees, starters, and stroke and turn judges) are required to show proof of USA Swimming membership. The Meet referee reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid or current.
- It is understood and agreed that USA Swimming and LA 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.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
- 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.

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: 13'

Eligibility

-The meet is open to USA Swimming-registered swimmers and the entrant must be a USA Swimming member as provided in Article 302.

-Swimmer's age as of May 15, 2020 determines age for the meet.

-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.

Entries- Each swimmer may enter a maximum of:

Friday, Session 1- 2 individual events

Saturday & Sunday- 3 individual events

Entry Deadline

-Email entries to meets@crawfishaquatics.com

-This meet will be limited to 400 swimmers.

-Entries are accepted on first come basis and entry file is required to reserve spot in the meet. Once entry limit is reached the meet will be closed.

-All meet entries are due by Friday, May 8, 2020.

-Deck entries will be accepted at the discretion of the Meet Director and the fee is double and payable at time of entry. This includes ANY changes from one event to another during the meet.

Entry Fees \$3.50 per event
 \$8.00 LA Swimming swimmer surcharge,
 \$7.00 facility charge (includes digital heat sheet)
 *Fees payable to **Crawfish Aquatics***

Conduct

-All events are mixed gender for seeding.

-All Friday events will be seeded fastest to slowest and require sign in.

-Friday events will be limited entries:

13 & O 400 IM- 6 mixed heats

13 & O 400 Free- 6 mixed heats

***9-12 200 Free & 200 IM may be limited at meet management discretion*

Meet Management Discretion

- Fly Over Starts: will be used for 13 & Older sessions and possibly 12 & Under sessions.
- If the meet size/timelines are at capacity, meet management may structure a 3 session structure each day (10 & Under, 11-14 and 15 & Over).

Meet Program

The meet program ("heat sheet") will be posted online (www.crawfishaquatics.com) and through the Meet Mobile app the Thursday prior to the meet. Coaches will be provided with complimentary meet programs, however there will not be any meet program sales at the event.

Scoring

- Top 16 places will be scored for individual events.
- Open events will score as 14 & U and 15 & O.
- 9-12 200 meter events will be scored 9-10 and 11-12.
- 12 & U 50 meter events will be scored as 11-12, 9-10, 8 & U.
- 12 & U 100 meter events will be scored as 11-12 and 10 & U.

Awards

- No awards will be presented.

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.
- Event #4 13 & O 400 Free will be Provide Your Own Timer.
- Event #14 10-12 400 IM and Event #24 10-12 400 Free will be Provide Your Own Timer.

Warm-up & Procedures

- Lane assignments to be announced prior to the start of warm-up.
- USA Swimming rules require that all warm-ups must be closely supervised by a certified USA Swimming coach or team representative. The Meet Referee shall assist the athlete in making arrangements for such supervision.

Deck Changing:

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

Hotel Accommodations for Traveling Participants

See website for booking information and rates: <http://www.crawfishaquatics.com>.

Friday

Mixed	Event Schedule
1	9-12 200 Free
2	13 & O 400 IM
3	9-12 200 IM
4	13 & O 400 Free

Saturday

Open Session

Mixed	Event Schedule
5	200 IM
6	100 Back
7	200 Fly
8	200 Breast
9	100 Free

12 and Under Session

Mixed	Event Schedule
10	12 & U 100 Free
11	12 & U 50 Fly
12	12 & U 50 Breast
13	12 & U 100 Back
14	10-12 400 IM

Sunday

Open Session

Mixed	Event Schedule
15	200 Free
16	100 Fly
17	200 Back
18	100 Breast
19	50 Free

12 and Under Session

Mixed	Event Schedule
20	12 & U 100 Fly
21	12 & U 50 Free
22	12 & U 50 Back
23	12 & U 100 Breast
24	10-12 400 Free

