37th Annual COAST Friendly Circuit

Invitational Winter Swim Meet (Sanction # )

January 20-21, 2017

Sponsored By:

City of Alexandria Swim Team (COAST) with the cooperation of Alexandria Senior High School. This meet is held under the sanction of USA Swimming and Louisiana Swimming, Inc.

Alexandria Senior High School, 800 Ola Lane, Alexandria, LA. Indoor heated 25 yard, six-lane pool. Kiefer non-turbulence lane dividers. Colorado Swim V Timing including Hytek interface will be used with push button and stopwatch as backup. Paragon starting blocks at both ends.

Rules:

Official 2017 USS rules will be used. Timed finals. Each USS number must be listed on entries. Late entries will be accepted and swimmers will be assigned open lanes only.

Eligibility:

All swimmers must be currently registered with Louisiana Swimming and USA Swimming as provided in Article 302 and be members of invited teams. Swimmers age on January 20, 2017 will determine his/her division for the entire meet. Each swimmer is limited to 4 individual events per day. The meet is to be limited to the first 250 swimmers. Hytek entries need to be submitted via email. Entries submitted without entry times will be listed as NT. The 1,650 will be swum with the fastest heat of girls first then the fastest heat of boys next. The 1,650 is limited to the top 12 boys and top 12 girls entered. Yard times will be used to seed events. All events will be timed finals.

Entry fees:

Individual events will be $3.50 per individual event entered and $8.00 per relay team. Entries must be accompanied by fees and entry forms with USS numbers and age of all swimmers. Make all checks payable to the City of Alexandria Swim Team. Entry fees are to be mailed to Coach Wally Fall, 4913 Hunters Grove Lane, Alexandria, LA, 71303. (Note: 10% of fees will go to the Louisiana Swimming Travel Fund and 5% will go to the Damon McCoy Memorial Fund.)

Deadline:

All entries need to be received by, January 16th. Entries will need to be emailed to Jody Goodman at [jody.goodman@rpsb.us](mailto:jody.goodman@rpsb.us).

Surcharge:

There will be a $7.00 surcharge per swimmer for the meet to go to Louisiana Swimming.

Warmups:

Friday afternoon: 6:00 pm warm-up. Meet begins at 6:30 pm

Saturday (1st Session) 10 & under warm-up at 8:00 am. Meet begins at 9:00 am.

Saturday (2nd Session) 11& Up warm-up will not be before 12 noon.

Meet begins one hour after the start of warm-ups.

A posted copy of warm-up procedures and lane assignments will be followed. Volunteer timers are appreciated. Officials also appreciated.

Awards:

Awards for individual events will be custom designed medals for first, second, and third place. Ribbons will be awarded for fourth, fifth, and sixth place. Awards for relays will be custom designed medals for first, second, and third place. Plaques awarded to the top three finishers for boys and girls in the 1650 free. The high point winner boy and girl in each age group will receive a High Point Plaque. Age group high point winners must score their points in their respective age group and not another age group or senior division. Plaques will be awarded to the top three teams in scoring.

Scoring:

Scoring will be 7, 5, 4, 3, 2, 1 for Individual Events and for Relays 14, 10, 8, 6, 4, 2

Scratches:

No money will be refunded for scratches. All relay cards will be given to the coaches during warm-ups, and must have names listed. All swimmers need to report behind the starting blocks for their events.

Email entries to: [jody.goodman@rpsb.us](mailto:jody.goodman@rpsb.us)

Mail entry fees to: Coach Wally Fall

4913 Hunters Grove

Alexandria, LA 71303

Water Depth:

**Deep End Shallow End**

Against Wall 67 inches 37 inches

1 meter out 100 inches 40 inches

5 meters out 132 inches 52 inches

Starting Blocks:

Deep End – 30 inches above water

Shallow End – 15 inches above water

Pool Certification:

The competition course has been certified in accordance with 104.2.2c(4) by Steve Fontenot Engineers and is on file with USA Swimming.

Other Details:

Concessions will be available on Saturday. No glass bottles or ball throwing allowed in the facilities. No alcoholic beverages (drug free zone) or smoking will be allowed. A Rapides Parish Deputy Sheriff will be on duty for the duration of the meet. Limited bleacher seating available pool side. No running or horseplay will be allowed. For further information call Coach Wally Fall (318) 443-4426 or (318) 451- SWIM (cell).

The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Also, except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. There are two dressing rooms available for swimmers to use during the meet.

Inclusion:

Swimmers with a disability as described in the USA Swimming Technical Rules, Article 105, shall be permitted to enter any meet sanctioned by Louisiana Swimming, Inc. 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 accompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

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 the event.

Heat Sheets: Heat sheets are to be sold for $3.00 each.

Meet Director: Wally Fall

Meet Referee: Rick Harrison

COAST Winter Swim Meet

Schedule of Events

January 20, 2017 6:30 pm

Girls Event Numbers **Warm-ups 5:45 pm** Boys event Numbers

1 Senior 1650 Freestyle 2

January 21, 2017 9:00 am

**Warm-ups at 8:00 am**

3 8 & UNDER 100 FREE RELAY 4

5 10 & UNDER 100 FREE RELAY 6

7 6 & UNDER 25 FREE 8

9 8 & UNDER 25 FREE 10

11 10 & UNDER 50 FREE 12

13 6 & UNDER 25 FLY 14

15 8 & UNDER 25 FLY 16

17 10 & UNDER 50 FLY 18

19 6 & UNDER 25 BACK 20

21 8 & UNDER 25 BACK 22

23 10 & UNDER 50 BACK 24

25 6 & UNDER 25 BREAST 26

27 8 & UNDER 25 BREAST 28

29 10 & UNDER 50 BREAST 30

31 8 & UNDER 100 IM 32

33 10 & UNDER 100 IM 34

35 8 & UNDER 50 FREE 36

37 10 & UNDER 100 FREE 38

39 8 & UNDER 100 MEDLEY RELAY 40

41 10 & UNDER 100 MEDLEY RELAY 42

COAST Winter Swim Meet

Schedule of Events

January 21, 2017 Afternoon Session

Warm-ups not before 12 noon

Girls Event Numbers Boys event Numbers

43 11 & 12 200 FREE RELAY 44

45 SENIOR 200 FREE RELAY 46

47 SENIOR 50 FREE 48

49 11 & 12 50 FREE 50

51 13 & 14 50 FREE 52

53 SENIOR 100 FREE 54

55 11 & 12 50 FLY 56

57 13 & 14 100 FLY 58

59 SENIOR 100 FLY 60

61 11 & 12 50 BACK 62

63 13 & 14 100 BACK 64

65 SENIOR 100 BACK 66

67 11 & 12 50 BREAST 68

69 13 & 14 100 BREAST 70

71 SENIOR 100 BREAST 72

73 11 & 12 100 IM 74

75 13 & 14 200 IM 76

77 SENIOR 200 IM 78

79 11 & 12 100 FREE 80

81 13 & 14 100 FREE 82

83 SENIOR 200 FREE 84

85 11& 12 200 MEDLEY RELAY 86

87 SENIOR 200 MEDLEY RELAY 88