

City of Alexandria Swim Team

8 & Under Meet

April 22, 2017

Sponsored By:

City of Alexandria Swim Team (COAST) with the cooperation of Alexandria Senior High School sanctioned by the LSC of United States Swimming, Inc.

Sanction Number _____

Location:

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:

Conduct of this sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming and Louisiana Swimming.

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.

All meet directors, referees, starters, and stroke and turn judges, serving in an official capacity must be members of USA Swimming.

All coaches and officials MUST constantly display their current USA Swimming credential or be prepared to present their USA Swimming ID card as proof of their registration to the Meet Director or designee at any time. 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reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid or current.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

In accordance with new rule: Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited (Article 202.2.9.I).

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.

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 April 22, 2017 will determine his/her division for the entire meet. Each swimmer is limited to 5 individual events per day plus relays. The meet is to be limited to the first 150 swimmers. Hytek entries need to be submitted via email. Entries submitted without entry times will be listed as NT.

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.)

Surcharge:

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

Deadline:

All entries need to be received by Tuesday, April 18, 2017 by 8:00 pm. Entries will need to be emailed to Jody Goodman at jody.goodman@rpsb.us. Please get your entries in early.

Schedule:

Warm-ups: 8:30 a.m. to 9:15 a.m.

Meet Starts: 9:30 a.m.

Warm-up Schedules will be sent out to coaches the week of meet.

Awards:

Awards for individual events will be rosette ribbons for first, second, and third place. Ribbons will be awarded for fourth, fifth and sixth place. Awards for relays will be rosette ribbons for first, second, and third only finishes. Plaques will be given for high point winners for both boys and girls for ages 6, 7 and 8. Trophies will be awarded to the top three teams in scoring.

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

Scoring:

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

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.

Other Details:

No 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. Limited bleacher seating available pool side and outside on patio. No running or horseplay will be allowed. For further information call Coach Wally Fall (318) 443-4426 or (318) 451- SWIM (cell).

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.

Meet Director: Wally Fall
4913 Hunters Grove
Alexandria, LA 71303

Meet Referee: Rick Harrison

Heat Sheets: Heat sheets are to be sold for \$2.00 each.

Order of Events

Girls		Boys
1	8 & Un 100 Free Relay	2
3	8 & Un 100 IM	4
5	6 & Un 25 Free	6
7	7 yr old 25 Free	8
9	8 yr old 25 Free	10
11	6& Un 25 Back	12
13	7 yr old 25 Back	14
15	8 yr old 25 Back	16
17	6 & un 25 Fly	18
19	7 yr old 25 fly	20
21	8 yr old 25 fly	22
23	6 & un 25 Breast	24
25	7 yr old 25 Breast	26
27	8 yr old 25 Breast	28
29	6 & un 50 Free	30
31	7 yr old 50 Free	32
33	8 yr old 50 Free	34
35	8 & un 100 Med Relay	36