

Louisiana Long Course District Championships

Hosted by: Crawfish Aquatics, Baton Rouge, LA

July 8-9, 2017

Meet Sanction and Host Team

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

Meet Administration

Chris Frederic Meet Referee
Courtney Roedel Meet Director, meets@crawfishaquatics.com
Billy Newport Head Coach / Meet Entries, meets@crawfishaquatics.com

Meet Schedule

Session 1	Saturday, 12 & Under	warm-up: 9:00-10:00AM (2 x 30 minute Sessions), meet: 10:15AM
Session 2	Saturday, 13 & Older	warm up: not before 1:30PM (confirmed the week of the meet)
Session 3	Sunday, 12 & Under	warm-up: 9:00-10:00AM (2 x 30 minute Sessions), meet: 10:15AM
Session 4	Sunday, 13 & Older	warm-up: not before 1:30PM (confirmed the week of the meet)

Facilities

-Crawfish Aquatics, located inside Ketcham Health & Fitness Bldg., campus of Jimmy Swaggart Ministries,
7150 Bluebonnet Boulevard, Baton Rouge, La. 70810
-Indoor, heated, eight-lane 25 yard pool. 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 2017 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.”

- Crawfish Aquatics makes every effort to accommodate swimmers who are disabled in some way. Swimmers with a disability are welcome and encouraged to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

-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.

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: 4'

Eligibility

-The meet is open to USA Swimming-registered swimmers of teams in the North-Central and South District of Louisiana, as defined by LSI, Inc. who do NOT have a Louisiana Swimming state qualifying time in the age group they would compete in for the July 20-23, 2017 LC State Championship. Entrant must be a USA Swimming member as provided in Article 302.

-Swimmers may not enter or compete in any individual event in the District Championship meet if they have a Louisiana State Meet qualifying time, any event, any course or any distance in any age group they would be eligible to compete in for the 2017 State Championship Meet. The qualifying time period begins January 1, 2016.

**Fines: A \$25 dollar fine per event will be imposed to anyone entering a swimmer who competes in a District Meet event with a current Louisiana State Meet qualifying time.*

-Swimmer's age as of July 13, 2017 determines age for the meet (first day of LC State Championship).

-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 3 individual events per session.

Entry Deadline

-Email entries to meets@crawfishaquatics.com

-All meet entries are due by Friday, June 30.

-Deck entries will NOT be accepted for this Championship meet.

-Changes or late adds will be NOT be accepted once the psych sheet is posted.

Entry Fees

\$3.50 per event

\$7.00 LA Swimming swimmer surcharge for Championship Meets

\$8.00 Facility Charge (includes digital heat sheet)

*Fees payable to **Crawfish Aquatics***

Conduct

-All timed final events will be swum slowest to fastest.

-Swimmer that misses their heat will not be added to another heat.

Athlete Ranking, Scoring and Awards

-No Scoring for the District Meet.

-Ribbons will be given to the top eight finishers in District Championship events.

-Event Rankings will be as follows: 10 & U, 11-12, 13-14, 15-16, 17 & O.

-Individual event winners (first place) for 10 & Under and 11-12 year old 50, 100 & 200 yard events for their designated age group will automatically qualify to swim that event at the LC State Championship (swimmer is not required to meet the qualifying standard).

-Individual event winners (first place) for 13-14 year, 15-16 year and 17 & Older 100 & 200 yard events for their designated age group will automatically qualify to swim that event at the LC State Championship (swimmer is not required to meet the qualifying standard).

-Swimmers will compete in District meet with a "state meet" age up date, therefore they must finish first in the event ranking for the age group they would compete in for state meet.

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.

-Swimmers in events 21, 22, 51, 52, 97, 98 must provide their 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>

ORDER OF EVENTS:

Saturday Morning

Warm up: 9:00AM

<u>Girls</u>	<u>Event Schedule</u>	<u>Boys</u>
1	10 & U 200 IM	2
3	11-12 200 IM	4
5	10 & U 100 Free	6
7	11-12 100 Free	8
9	10 & U 50 Breast	10
11	11-12 50 Breast	12
13	10 & U 100 Back	14
15	11-12 100 Back	16
17	10 & U 50 Fly	18
19	11-12 50 Fly	20
21	12 & Under 400 Free*	22

Sunday morning

Warm up: 9:00AM

<u>Girls</u>	<u>Event Schedule</u>	<u>Boys</u>
53	10 & U 200 Free	54
55	11-12 200 Free	56
57	10 & U 100 Breast	58
59	11-12 100 Breast	60
61	10 & U 50 Back	62
63	11-12 50 Back	64
65	10 & U 100 Fly	66
67	11-12 100 Fly	68
69	10 & U 50 Free	70
71	11-12 50 Free	72

Saturday afternoon

Warm up: TBA

<u>Girls</u>	<u>Event Schedule</u>	<u>Boys</u>
23	13-14 200 IM	24
25	15 & O 200 IM	26
27	13-14 100 Free	28
29	15 & O 100 Free	30
31	13-14 50 Breast	32
33	15 & O 50 Breast	34
35	13 -14 200 Breast	36
37	15 & O 200 Breast	38
39	13 -14 100 Back	40
41	15 & O 100 Back	42
43	13-14 50 Fly	44
45	15 & O 50 Fly	46
47	13-14 200 Fly	48
49	15 & O 200 Fly	50
51	13 & O 400 Free*	52

Sunday afternoon

Warm up: TBA

<u>Girls</u>	<u>Event Schedule</u>	<u>Boys</u>
73	13-14 200 Free	74
75	15 & O 200 Free	76
77	13-14 100 Breast	78
79	15 & O 100 Breast	80
81	13-14 50 Back	82
83	15 & O 50 Back	84
85	13-14 200 Back	86
87	15 & O 200 Back	88
89	13-14 100 Fly	90
91	15 & O 100 Fly	92
93	13 -14 50 Free	94
95	15 & Over 50 Free	96
97	13 & O 400 IM*	98