



2019 LA "Swamp Paradise" Long Course Meet Friday and Saturday, April 26-27 Crawfish Aquatics at Nicholls State University, Thibodaux, LA

Meet Sanction and Host Team

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

Meet Administration

OJ Mesina

Meet Director & Meet Entries, oj@crawfishaquatics.com
Meet Referee

Meet Schedule

Friday	Warm ups: 4:30 pm	Competition Begins: 5:15 pm
Saturday	13 & Over Warm ups: 8:00 am	Competition Begins: 8:45 am
	12 & Under Warm ups: Not Before 11 am	Competition Begins: 45 minutes later

Facilities

- Crawfish Aquatics, located on the campus of Nicholls State University at the Ayo Pool.
- 216 NSU Acadia Drive Thibodaux, LA 70301
- Outdoor, heated, eight-lane 50meter pool. Non- turbulent lane ropes, lane width seven feet.
- Daktronics electronic timing system, touch pads with button and stopwatch backup.
- Daktronics Galaxy scoreboard.
- Plenty of deck space. Tents welcome.

Parking

Meet parking is located directly in front of the facility. Large lot available. From LA 1, turn onto NSU Acadia Blvd. and follow it to the pool which will be located on the right.

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.”

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

-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reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid or current.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 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.

-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: 14'

Turn End: 4.5'

Eligibility

- The meet is open to invited USA Swimming-registered swimmers.
- No entrant will be permitted to compete unless the entrant is a member of USA Swimming as provided in Article 302.
- Swimmer's age as of April 20, 2018 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.

Entry Limits

Friday- 2 events

Saturday- 4 events

Maximum 5 events total for the meet.

Meet management reserves the right to limit the number of heats on Friday evening.

Entry Deadline

- This meet will be limited to 350 swimmers. Send TM File to: **oj@crawfishaquatics.com**
- 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, April 19.**
- 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 timed final events will be swum slowest to fastest with the exception of the 200/400 Free which will be swum fastest to slowest. The 200 & 400 free will also be a check-in event.
- All events will be swum mixed gender.

Scoring & Awards

- This meet will not be scored. Ribbons will not be distributed.

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.

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

Deck Changing

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

Event Schedule

<u>Friday Evening</u>	Warm ups: 4:30 pm	Competition: 5:15 pm
1 Open	200 Freestyle	
2 Open	400 Freestyle	
<u>Saturday Morning</u>	Warm ups: 8:00 am	Competition: 8:45 am
3 13 & Over	200 Individual Medley	
4 13 & Over	50 Freestyle	
5 13 & Over	100 Breaststroke	
6 13 & Over	100 Backstroke	
7 13 & Over	100 Butterfly	
8 13 & Over	100 Freestyle	
<u>Saturday Afternoon</u>	Warm ups: Not Before 11 am	Competition: 45 mins. Later
9 12 & Under	200 Individual Medley	
10 12 & Under	50 Freestyle	
11 12 & Under	50 Breaststroke	
12 12 & Under	50 Backstroke	
13 12 & Under	50 Butterfly	
14 12 & Under	100 Freestyle	