

# 2021 LA Short Course State Championship Meet

## Crawfish Aquatics, Baton Rouge

### Meet Invitation Addendum

*This addendum includes location specific protocols, session schedule and meet flow items. Full Meet information from LA Swimming:*

[http://www.crawfishaquatics.com/docs/2021\\_Louisiana\\_SC\\_State\\_Championships- Covid\\_Edit2\\_1.pdf](http://www.crawfishaquatics.com/docs/2021_Louisiana_SC_State_Championships- Covid_Edit2_1.pdf)

## Session Schedules

*These are tentative and will be confirmed following the entry close out once timelines are run. See Session/Event breakdown on following pages.*

### Thursday, March 25

- Session 1: Senior Distance 1. Warm up, 5:00-5:45PM / 6:00PM Meet Start

### Friday, March 25, 2021

- Session 2: 14 & Under Male. Warm up, 8:00-8:30AM / 8:45AM Meet Start
- Session 3: 14 & Under Female. Warm up, 10:45-11:15AM / 11:30AM Meet Start
- Session 4: 15 & Over. Warm up, 1:45-2:20PM & 2:20-2:55PM / 3:00-3:10PM Senior Recognition / 3:15PM Meet Start

### Saturday, March 26

- Session 5: 14 & Under Male. Warm up, 8:00-8:30AM / 8:45AM Meet Start
- Session 6: 14 & Under Female. Warm up, 10:45-11:15AM / 11:30AM Meet Start
- Session 7: 15 & Over. Warm up, 1:30-2:05PM & 2:10PM-2:45PM / 3:00PM Meet Start

### Sunday, March 27

- Session 8: 14 & Under Male. Warm up, 8:00-8:30AM / 8:45AM Meet Start
- Session 9: 14 & U 1650 Freestyle (Female/Male). MOVED- All 1650s will be swum at beginning of Session 11
- Session 10: 14 & Under Female. Warm up, 10:45-11:15AM / 11:30AM Meet Start
- Session 11: 15 & Over. Warm up, 1:30-2:05PM & 2:10PM-2:45PM / 3:00PM Meet Start

### Concessions/Vendors

Concessions will be available Friday, Saturday, Sunday. Fine Design Apparel (event t-shirts/clothing) will be on site Saturday & Sunday. Both will be set up outside at the outdoor pool end of the outdoor seating areas.

### Hospitality

Officials and Coaches hospitality will be set up in the room off of the back hallway throughout the meet.

### **Live Stream**

This link will also be posted on the meet info page of the website & the Crawfish Facebook page (video will begin following warm up). <https://www.youtube.com/channel/UCuooAdb-gG4aZvAU76nXZg>

### **Volunteer Obligations**

Timing assignments will be made based on entries received. Not all teams will have timing spots in all sessions. Officials sign up will be sent out early by the host.

### **Meet Fees**

*Entry Fee checks made to Crawfish Aquatics.*

\$20 surcharge per swimmer (\$15 LA Swimming, \$5 Facility Fee)

\$5 per individual entry fee

\$12 per relay fee

*Heat Sheet will be posted to the website and not sold at the meet.*

## **CRAWFISH AQUATICS COVID 19 MEET PLAN**

### **FACE COVERINGS AND SOCIAL DISTANCING**

All meet participants – coaches, officials, administrators, athletes (between events), spectators and vendors must wear face coverings and comply with mandated social distancing and mass gathering rules whether inside or outside. All participants are asked to maintain social distancing, six feet of space, in addition to masking to help mitigate risk as well.

### **LOCAL PROTOCOLS**

Currently, there are no protocols existing that are more strict than state guidelines, thereby the state guidelines will be the main determinant for deciding facility protocol. These guidelines include but are not limited to: wearing of face coverings, occupant capacity, social distancing rules and safety rules, and pool rules that come directly from CDC guidance for aquatic facilities.

<https://opensafely.la.gov/PublicLinks.aspx>

<https://opensafely.la.gov/DownloadFile.ashx?ID=40&TBL=tblPubliclinks>

We are consistently monitoring East Baton Rouge Guidelines as well and will update our protocol should more stringent measures be placed in our local municipality. Those can be found here:

<https://www.brla.gov/2177/City-Parish-COVID-19-Guidelines>

### **SPECTATOR LIMITATIONS**

One spectator per swimmer/family when possible, maximum of two (if siblings are in the same session, the spectator limit is still 2 for the family). In the event that the capacity reaches maximum, the outdoor bleacher area (inside the white fencing) will be closed to athletes only.

- Team Bleacher areas will be assigned, outside (in zones A-J) with some smaller teams having an indoor bleacher assigned (on the non-competition end of the facility). [Seating Zones Map](#)
- All meet viewing will be done from outside the indoor facility, behind the yellow ropes.
- The first 2 garage doors will be designated a "standing only" area for spectators or athletes to flow in and out based on the heat that is racing. No chair set up in this area.
- There will be no chairs set up inside the white fence area.
- Chairs/tents are permitted in areas K-N.
- *In the event of inclement weather, athletes will be moved to the indoor pool for seating- no spectators will be permitted inside the building due to capacity.*

## **MEET PROCEDURES**

*\* This section includes our ENTRY & EXIT PROCEDURES*

### **Pre Meet**

- Screening
  - All participants are required to complete a pre meet health screening questionnaire (each team coach will take care of their team directly).

### **Locker rooms/ Restrooms**

- Athletes should come dressed in suit and ready to participate when possible as locker room capacity is limited. There will be a marshall outside each locker room to monitor the number of individuals entering / exiting so as not to exceed capacity.
  - Swimmers wishing to change into technical suits at the facility should plan accordingly to do so either upon arrival prior to warm up or allow enough time during warm up to complete this prior to the start of the meet.
- Portable Toilets are outside and available for usage through the sessions.

### **Seating and Team Areas**

- Teams will be assigned bleacher space in the outdoor bleachers lining the competition pool with smaller teams potentially placed inside. TBD based on entries received in March. An inclement weather plan in regard to athlete indoor seating will be generated closer to the meet once entries are received.
- The only swimmers permitted at each session are those competing in that session. Swimmers should not enter the athlete areas for their session until the previous session is completed with athletes cleared out.

### **Warm Up/Warm Down**

- Pre Meet warm up will be assigned for all participants
  - lanes will be limited to 5 athletes per lane spread apart socially distant with a minimum of 6 feet of space between them
  - One way dives are permitted; athletes must be 6 feet apart when standing on deck
- Entry / Exit
  - Athletes on the competition end will be required to enter through the back hallway and exit through the garage doors
  - Athletes on the record board side will be required to enter through the first garage door and exit there as well
  - There will be a minimum of a five minute break between warm up sessions to permit all athletes to exit pool area prior to the next group entering for their warm up session.
- Pre/Post Race Warm up and Warm Down will be permitted
  - maximum of 5 athletes per lane, entering from the block end only
  - all athletes are required to be moving the entire time
  - the area will be monitored and patrolled by meet marshalls

### **Clerk of Course**

- Athletes must report to the queuing area outside of the facility back hallway for heat check in, 4 heats prior to their heat.
- Masks must be worn when entering the facility for their race. Social distancing will be maintained at all times.

## **Racing Procedures**

- Two heats of individual events at a time will line up in the back hallway. As one heat moves to the indoor pool area for their race, another heat will enter the building and get into lane order position (in lane order 1 to 8).
  - Spaces have been marked as to where to stand
  - Two meet marshalls will help control flow and traffic of competing athletes
- Only one heat will be in the indoor competition pool area at a time (the heat in the water).
- Athletes will go through normal procedures to step up on the block and start the race.
- Following the race, swimmers will exit the pool and walk along the garage door side of the facility and exit at the farthest set of garage doors, maintaining social distance.

## **Distance Races**

Individuals serving as lap counters must wear masks to count for athletes competing. Lap counters will not be sanitized between races, only between sessions.

## **Viewing Races**

- All garage doors will remain open the entire meet (weather permitting) with yellow ropes to mark off the interior and exterior of the indoor pool area.
- Live streaming will be available to view the competition (stream will be turned on following warm up for each session).

## **Relay Events**

Lane staggering will be in effect for relay events to limit the number of relay teams per heat. Only one heat will be lined up in the back hallway at a time during relay events to minimize the number of persons in the hallway.

## **Post Meet**

- Session Results will be posted online following the meet
- Results will be posted to Meet Mobile during the meet (as frequently as possible)
- All shared equipment (i.e. chairs, watches, clipboards, official's equipment), locker rooms & portable toilets will be sanitized)

## **SWIMMER LIMITATIONS**

The competition will be limited so that no more than 100 persons including athletes, coaches, officials, timers and meet administration are not in the indoor pool area at any one time. Meet administration will have multiple sessions, creating more when necessary, and utilize outdoor spaces (or indoor areas based upon weather) separating individuals and groups in order to still comply with state guidance.

## Order of Events by Session

| Female                                  |           | Male                |           |
|---|-----------|---------------------|-----------|
| Event No.                               | Age Group | Event               | Event No. |
| <b>THURSDAY</b>                         |           |                     |           |
| <b>Session 1- Distance</b>              |           |                     |           |
| 1                                       | Senior    | 1000 Freestyle      | 2         |
| 10 Minute Break                         |           |                     |           |
| 3                                       | Senior    | 800 Freestyle Relay | 4         |
| <b>FRIDAY</b>                           |           |                     |           |
| <b>Session 2: 14 &amp; Under Male</b>   |           |                     |           |
|   | 10&U      | 200 Medley Relay    | 6         |
|   | 12&U      | 200 Medley Relay    | 8         |
|   | 14&U      | 200 Medley Relay    | 10        |
| 10 Minute Break                         |           |                     |           |
|   | 10&U      | 100 Backstroke      | 14        |
|   | 11-12     | 100 Backstroke      | 16        |
|   | 13-14     | 100 Backstroke      | 18        |
|   | 10&U      | 200 Freestyle       | 22        |
|   | 11-12     | 200 Freestyle       | 24        |
|   | 13-14     | 200 Freestyle       | 26        |
|   | 10&U      | 100 Butterfly       | 30        |
|   | 11-12     | 100 Butterfly       | 32        |
|   | 13-14     | 100 Butterfly       | 34        |
|   | 10&U      | 100 IM              | 38        |
|   | 11-12     | 100 IM              | 40        |
|   | 13-14     | 400 IM              | 42        |
| <b>Session 3: 14 &amp; Under Female</b> |           |                     |           |
| 5                                       | 10&U      | 200 Medley Relay    |           |
| 7                                       | 12&U      | 200 Medley Relay    |           |

|                                 |        |                     |    |
|---------------------------------|--------|---------------------|----|
| 9                               | 14&U   | 200 Medley Relay    |    |
| 10 Minute Break                 |        |                     |    |
| 13                              | 10&U   | 100 Backstroke      |    |
| 15                              | 11-12  | 100 Backstroke      |    |
| 17                              | 13-14  | 100 Backstroke      |    |
| 21                              | 10&U   | 200 Freestyle       |    |
| 23                              | 11-12  | 200 Freestyle       |    |
| 25                              | 13-14  | 200 Freestyle       |    |
| 29                              | 10&U   | 100 Butterfly       |    |
| 31                              | 11-12  | 100 Butterfly       |    |
| 33                              | 13-14  | 100 Butterfly       |    |
| 37                              | 10&U   | 100 IM              |    |
| 39                              | 11-12  | 100 IM              |    |
| 41                              | 13-14  | 400 IM              |    |
| <b>Session 4: 15 &amp; Over</b> |        |                     |    |
| 11                              | Senior | 200 Medley Relay    | 12 |
| 10 Minute Break                 |        |                     |    |
| 19                              | 15&O   | 100 Backstroke      | 20 |
| 27                              | 15&O   | 200 Freestyle       | 28 |
| 5 Minute Break                  |        |                     |    |
| 35                              | 15&O   | 100 Butterfly       | 36 |
| 43                              | 15&O   | 400 IM              | 44 |
| 10 Minute Break                 |        |                     |    |
| 45                              | Senior | 400 Freestyle Relay | 46 |

**SATURDAY****Session 5: 14 & Under Male**

|                 |       |                     |    |
|-----------------|-------|---------------------|----|
|                 | 10&U  | 200 Freestyle Relay | 48 |
|                 | 12&U  | 200 Freestyle Relay | 50 |
|                 | 14&U  | 200 Freestyle Relay | 52 |
| 10 Minute Break |       |                     |    |
|                 | 10&U  | 50 Butterfly        | 56 |
|                 | 11-12 | 50 Butterfly        | 58 |
|                 | 13-14 | 200 Butterfly       | 60 |
|                 | 10&U  | 100 Freestyle       | 64 |
|                 | 11-12 | 100 Freestyle       | 66 |
|                 | 13-14 | 100 Freestyle       | 68 |
|                 | 10&U  | 50 Breaststroke     | 72 |
|                 | 11-12 | 50 Breaststroke     | 74 |
|                 | 13-14 | 200 Breaststroke    | 76 |
|                 | 12&U  | 500 Freestyle       | 80 |
|                 | 13-14 | 500 Freestyle       | 82 |

**Session 6: 14 & Under Female**

|                 |       |                     |  |
|-----------------|-------|---------------------|--|
| 47              | 10&U  | 200 Freestyle Relay |  |
| 49              | 12&U  | 200 Freestyle Relay |  |
| 51              | 14&U  | 200 Freestyle Relay |  |
| 10 Minute Break |       |                     |  |
| 55              | 10&U  | 50 Butterfly        |  |
| 57              | 11-12 | 50 Butterfly        |  |
| 59              | 13-14 | 200 Butterfly       |  |
| 63              | 10&U  | 100 Freestyle       |  |
| 65              | 11-12 | 100 Freestyle       |  |
| 67              | 13-14 | 100 Freestyle       |  |
| 71              | 10&U  | 50 Breaststroke     |  |
| 73              | 11-12 | 50 Breaststroke     |  |
| 75              | 13-14 | 200 Breaststroke    |  |
| 79              | 12&U  | 500 Freestyle       |  |

|                                 |        |                     |    |
|---------------------------------|--------|---------------------|----|
| 81                              | 13-14  | 500 Freestyle       |    |
| <b>Session 7: 15 &amp; Over</b> |        |                     |    |
| 53                              | Senior | 200 Freestyle Relay | 54 |
| 10 Minute Break                 |        |                     |    |
| 61                              | 15&O   | 200 Butterfly       | 62 |
| 69                              | 15&O   | 100 Freestyle       | 70 |
| 5 Minute Break                  |        |                     |    |
| 77                              | 15&O   | 200 Breaststroke    | 78 |
| 83                              | 15&O   | 500 Freestyle       | 84 |
| 10 Minute Break                 |        |                     |    |
| 85                              | Senior | 400 Medley Relay    | 86 |

| <b>SUNDAY</b>                           |        |                  |     |
|---|--------|------------------|-----|
| <b>Session 8: 14 &amp; Under Male</b>   |        |                  |     |
|   | 10&U   | 200 IM           | 90  |
|   | 11-12  | 200 IM           | 92  |
|   | 13-14  | 200 IM           | 94  |
| 5 Minute Break                          |        |                  |     |
|   | 10&U   | 100 Breaststroke | 98  |
|   | 11-12  | 100 Breaststroke | 100 |
|   | 13-14  | 100 Breaststroke | 102 |
|   | 10&U   | 50 Backstroke    | 106 |
|   | 11-12  | 50 Backstroke    | 108 |
|   | 13-14  | 200 Backstroke   | 110 |
| 5 Minute Break                          |        |                  |     |
|   | 10&U   | 50 Freestyle     | 114 |
|   | 11-12  | 50 Freestyle     | 116 |
|   | 13-14  | 50 Freestyle     | 118 |
| <b>Session 9: Distance (14 &amp; U)</b> |        |                  |     |
| 87                                      | Senior | 1650 Freestyle   | 88  |

*\*14 & U in Events 87-88 will swim at the start of Session 11.*



| <b>Session 10: 14 &amp; Under Female</b> |        |                      |     |
|--|--------|----------------------|-----|
| 89                                       | 10&U   | 200 IM               |     |
| 91                                       | 11-12  | 200 IM               |     |
| 93                                       | 13-14  | 200 IM               |     |
| 5 Minute Break                           |        |                      |     |
| 97                                       | 10&U   | 100 Breaststroke     |     |
| 99                                       | 11-12  | 100 Breaststroke     |     |
| 101                                      | 13-14  | 100 Breaststroke     |     |
| 105                                      | 10&U   | 50 Backstroke        |     |
| 107                                      | 11-12  | 50 Backstroke        |     |
| 109                                      | 13-14  | 200 Backstroke       |     |
| 5 Minute Break                           |        |                      |     |
| 113                                      | 10&U   | 50 Freestyle         |     |
| 115                                      | 11-12  | 50 Freestyle         |     |
| 117                                      | 13-14  | 50 Freestyle         |     |
|  |        |                      |     |
| <b>Session 11: 15 &amp; Over</b>         |        |                      |     |
| 87                                       | Senior | 1650 Freestyle       | 88  |
| 95                                       | 15&O   | 200 IM               | 96  |
| 5 Minute Break                           |        |                      |     |
| 103                                      | 15&O   | 100 Breaststroke     | 104 |
| 111                                      | 15&O   | 200 Backstroke       | 112 |
| 5 Minute Break                           |        |                      |     |
| 119                                      | 15&O   | 50 Freestyle         | 120 |
| 10 Minute Break                          |        |                      |     |
| 121                                      | Senior | 200 Mixed Free Relay | --- |

*\*Only 15 & O athletes in the 1650 Freestyle will swim that event in Session 11. 14 & U athletes in the 1650 Freestyle will swim in Session 9 of that day.*

**\*\*UPDATE: All athletes in events 87 and 88 will swim in Session 11**