



2021 LA "Swamp Paradise" Long Course Meet

Saturday, May 1

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

Session 1: 15 & Over Warm ups: 8:00 am Competition Begins: 8:45 am

Session 2: 12-14 Warm Ups: Not Before 10:30am Competition Begins: 45 minutes later

Session 3: 12 & Under Warm Ups: Not Before 1:00pm 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.

COVID 19/ Facility & Meet Guidelines

All local guidance and health protocols including, but not limited to gathering limits, sanitization processes, and social distancing will be followed to safely conduct this competition. As guidelines change frequently, we will publish final competition/facility guidelines for the event 5 days prior to the meet.

Rules and Meet Regulations

-Current USA Swimming technical and administrative Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

-All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

-"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 injury 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.

-Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any times athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by Nicholls State University administration and Crawfish Aquatics Meet Director.

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 May 1, 2021 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

Saturday- 3 events for the day.

Entry Deadline

-This meet will be limited to 350 swimmers. Email oj@crawfishaquatics.com to confirm a spot in the meet. Once entry limit is reached the meet will be closed.

-All meet entries are due by **Friday, April 23.**

-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

\$4.00 per event

\$8.00 LA Swimming swimmer surcharge,

\$5.00 facility charge (includes digital heat sheet)

Fees payable to **Crawfish Aquatics**

Conduct

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

-All events will be swum mixed gender.

Scoring

- Top 8 places will be scored for individual events.
- 12 & U events will be scored as 11-12 and 10 & U.

Awards

- No awards will be presented.

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>Saturday Morning 15 & Over</u>		Warm ups: 8:00 am	Competition: 8:45 am
1	13 & Over	200 Individual Medley	
2	13 & Over	50 Freestyle	
3	13 & Over	100 Breaststroke	
4	13 & Over	200 Freestyle	
5	13 & Over	100 Backstroke	
6	13 & Over	100 Butterfly	
7	13 & Over	100 Freestyle	
<u>Saturday Afternoon 12-14</u>		Warm up: Not Before 10:30am	Competition: 45min. Later
8	12-14	200 Individual Medley	
9	12-14	50 Freestyle	
10	12-14	100 Breaststroke	
11	12-14	200 Freestyle	
12	12-14	100 Backstroke	
13	12-14	100 Butterfly	
14	12-14	100 Freestyle	
<u>Saturday Afternoon 12&Under</u>		Warm ups: Not Before 1pm	Competition: 45min. Later
15	12&U	200 Freestyle	
16	12&U	200 Individual Medley	
17	12&U	50 Freestyle	
18	12&U	50 Breaststroke	
19	12&U	50 Backstroke	
20	12&U	50 Butterfly	
21	12&U	100 Freestyle	

Condition of Sanction

As a condition of this sanction, HOST TEAM agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, Louisiana Swimming, the State of Louisiana, local jurisdictions, and the HOST TEAM Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period.

Assumption of Risk Disclaimer

The HOST CLUB has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID- 19.

COVID 19 Waiver

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNSEEN, IN CONNECTION THEREWITH.