

Louisiana Long Course District Championships

Hosted by: Crawfish Aquatics, Baton Rouge, LA

July 10-11, 2010

Meet Sanction and Host Team

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

Meet Administration

Bruce Thomas Meet Referee, swimref@cox.net
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Meet Schedule

Saturday: Warm up- 9:30-10:40AM (2 x 35 minute Sessions), Meet Begins- 10:45AM

Sunday: Warm up- 8:30-9:40 (2 x 35 minute Sessions), Meet Begins- 9:45AM

Facilities

Maynard Ketcham Health & Fitness Bldg. on the campus of Jimmy Swaggart Ministries,
7150 Bluebonnet Boulevard, Baton Rouge, La. 70810

Indoor, heated, eight-lane 50 meter pool with moveable bulkhead. Non- turbulent lane ropes,
lane width seven feet; pool depth four feet (middle) to 13 feet (start/turn ends.).

Separate warm-up/warm-down area available.

Colorado 6000 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, Regulations and General Information

1. Current 2010 USA Swimming technical rules and code of regulations and Louisiana Swimming rules will govern this meet.
2. Coaches and officials proof of USA Swimming membership may be required by the meet referee.
3. *This meet is open to 2010 USA Swimming registered swimmers of teams in the North-Central and South District of Louisiana, as defined by LSI, Inc.
4. **Age as of July 15, 2010** determines the swimmer's age for the meet (age as of first day of LC State Championship)
5. Swimmers may enter 3 individual events per day for the District Meet.
6. Events will be timed finals seeded slowest to fastest.
7. No late entries or changes made to entries once psych sheet is posted (Tues, July 6). There will be no deck entries or changes to events at the meet.
8. "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."

*Restrictions and Penalties

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.

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.

Entry Fees \$2.50 per event
 \$7.00 surcharge, fees payable to **Crawfish Aquatics**

Entry fee check for correct amount of fees must accompany entries or paid before events are contested if entries sent by e-mail.

Entry information

Entries are due Thursday, July 1.

Email your electronic entry to: swimcraw@crawfishaquatics.com

Scoring, Awards and State Meet Qualifications

1. No Scoring for the District Meet.
2. Ribbons will be given to the top eight finishers in District Championship events and State Meet qualifiers will receive a special ribbon. Rankings will be 10 & U, 11-12, 13-14, 15-16, 17 & O.
3. Individual event winners (first place) for 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). 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 information

Each team will be assigned lane timers in proportion to meet entries in a session. Timers must report 10 minutes prior to the start of each session.

Warm-Up Information

USA Swimming rules require that all warm-ups must be closely supervised by a certified USA Swimming certified coach or team representative. Lane assignments for warm-up sessions will be posted prior to Saturday's warm-ups.

Coaches Meetings

Any necessary meetings will take place 15 minutes prior to the start of the session's events, or if deemed necessary by the meet referee.

Saturday, July 10**Warm up- 9:30AM, Meet 10:45AM**

Girls	Event Schedule	Boys
1	12 & U 200 IM	2
3	13 & O 200 IM	4
5	12 & U 100 Free	6
7	13 & O 100 Free	8
9	12 & U 50 Breast	10
11	13 & O 200 Breast	12
13	12 & U 100 Back	14
15	13 & O 100 Back	16
17	12 & U 50 Fly	18
19	13 & O 200 Fly	20

Sunday, July 11**Warm up- 8:30AM, Meet 9:45AM**

Girls	Event Schedule	Boys
21	12 & U 200 Free	22
23	13 & O 200 Free	24
25	12 & U 100 Breast	26
27	13 & O 100 Breast	28
29	12 & U 50 Back	30
31	13 & O 200 Back	32
33	12 & U 100 Fly	34
35	13 & O 100 Fly	36
37	12 & U 50 Free	38
39	13 & Over 50 Free	40

Coaches: Please keep in mind that although District events are set up as 12 and under, District Meet is primarily intended to be a championship meet for 9-18 year old swimmers not qualified for state meet with 8 and unders having their 8 and Under Championship Meet the prior weekend. We will not rank separately for 8 and under swimmers in any of these events.