

Crawfish Aquatics Natal's Long Course Invitational May 14-16, 2010 Baton Rouge, LA

Meet Sanction and Host Team

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

Meet Administration

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Meet Schedule

Friday, May 14	Warm-up: 4:30PM	Meet: 5:30PM
Saturday and Sunday, May 15-16		
12 & Under Session	Warm-up: 8:00AM	Meet: 9:15AM
13 & Over Session	Warm-up: not before 12:30PM	Meet: 1 hour after warm-up

(CA will e-mail the approximate warm up time once a timeline has been established)

Facilities

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

Parking is located adjacent to the pool and on the side of the building.

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 on road 1/4 mile, the pool is in the first building on the left.

Rules

2010 USA Swimming technical rules and code of regulations apply

"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."

Eligibility

The meet is open to invited USA Swimming-registered swimmers. Swimmer's age as of May 14, 2010 determines age for the meet.

Entry Deadline

Indicate your intent to participate EARLY. All meet entries are due by **Thursday, May 6th**.

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 \$2.50 per event
 \$8.00 per relay
 \$4.00 surcharge, fees payable to **Crawfish Aquatics**

Entries

Each swimmer may enter a maximum of four (4) individual events each day.

Conduct

All Friday events will be fastest to slowest and mixed gender for seeding. 11-12 400 Free and 400 IM and all 13 & Over events on Saturday and Sunday will be mixed gender for seeding.

Friday events will be limited entries:

13 & O 400 IM- 6 mixed heats

13 & O 800 Free- 5 mixed heats

**additional heats may be added if timeline allows; will be announced prior to meet*

***9-12 200 Free & 200 IM may be limited at meet management discretion*

Scoring

-Top 16 places will be scored for individual events.

-13 & O events will score as 13-14 and 15 & O.

-9-12 200 meter events will be scored 9-10 and 11-12.

-12 & U 50 meter events will be scored as 11-12, 9-10, 8 & U.

-12 & U 100 meter events will be scored as 11-12 and 10 & U.

Awards

-Ribbons will be presented for first through eighth place for individual events in the 12 & Under age groups.

-High Point Awards will be presented for first through third place in each age group: 8 & U, 9-10, 11-12, 13-14, 15 & O. High Point Awards provided by Natal Swim Shop.

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 the 800 Free on Friday, 11-12 400 Free on Saturday and the 11-12 400 IM on Sunday 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.

Swim Store

Tom Natal Swim Shop will be available throughout the meet with swimsuits, shirts, caps, goggles, etc.

Crawfish Aquatics Long Course Invitational Event Order

Friday

Warm up- 4:30PM, Meet 5:30PM

Mixed	Event Schedule
1	9-12 200 Free
2	13 & O 400 IM
3	9-12 200 IM
4	13 & O 800 Free

Saturday

12 and Under Session

Warm up- 8:00AM, Meet 9:15AM

Girls	Event Schedule	Boys
5	12 & U 100 Free	6
7	12 & U 50 Fly	8
9	12 & U 100 Back	10
11	12 & U 50 Breast	12
13	Mixed 11-12 400 Free	

Open Session

Warm up- not before 12:30PM

(meet begins 1 hour after warm up)

Mixed	Event Schedule
14	13 & O 200 Free
15	13 & O 100 Fly
16	13 & O 200 Back
17	13 & O 100 Breast
18	13 & O 50 Free

Sunday

12 and Under Session

Warm up- 8:00AM, Meet 9:15AM

Girls	Event Schedule	Boys
19	12 & U 100 Fly	20
21	12 & U 50 Free	22
23	12 & U 100 Breast	24
25	12 & U 50 Back	26
27	Mixed 11-12 400 IM	

Open Session

Warm up- not before 12:30PM

(meet begins 1 hour after warm up)

Mixed	Event Schedule
28	13 & O 200 IM
29	13 & O 100 Free
30	13 & O 200 Fly
31	13 & O 100 Back
32	13 & O 200 Breast