

Crawfish Aquatics One Day Meet

November 13, 2010

Meet Sanction and Host Team

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

Meet Administration

Courtney Roedel Meet Director, swimcraw@crawfishaquatics.com
William Newport Head Coach, swimcraw@crawfishaquatics.com
Phone (225) 769-4323, FAX (225) 706-1636

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 25 yard pool. Non- turbulent lane ropes, lane width seven feet; pool depth four feet (middle) to 13 feet (start and turn ends.).
- Separate warm-up/warm-down area available.
- Colorado 6000 electronic timing system with Infinity starter, touch pads with button and stopwatch backup.

Meet Schedule

10 & Under warm up: 8:00AM (8:45AM start)

11 & Older warm up: not before 11:30AM (meet begins 45 minutes after start of warm ups)

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 may be required to show proof of USA Swimming membership by the meet referee.
3. This meet is open to current USA Swimming registered swimmers.
4. Age as of November 13, 2010 determines the swimmer's age for the meet.
5. All events will be timed finals.
6. Swimmers may enter 3 individual events.
7. There is an LSI surcharge of \$4.00 per entered swimmer. Fees are \$2.50 per individual event, \$8 per relay; payable to "Crawfish Aquatics".
8. At the discretion of the Meet Referee, late entries will be accepted up to 15 minutes prior to the start of each session. Late entries will be accepted only if there is an empty lane. Late entry fees are double and payable upon entry
9. "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."
10. The locker room areas and shower facilities will be restricted to use for restrooms, changing area and bathing only. No horseplay, eating or "hanging out" in this area.

Warm-up Procedures

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

Entry Procedure & Deadline

Entries are due in the hand of the meet director no later than Monday, November 8.

Entries must be mailed to:

Crawfish Aquatics

10522 South Glenstone Place

Baton Rouge, LA 70810

or e-mailed to:

swimcraw@crawfishaquatics.com

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

Scoring

Top 8 places will be scored individually and for relays.

*10 & U 50 free, back, breast, fly and 100 IM will be scored as 8 & U, 9-10

*11 & O Events will be scored as 11-12, 13 & Over

Awards

Ribbons to top 8 finishers in individual events and relays, 8 & U, 10 & U, 11-12 divisions.

Timing Assignments

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

Event Schedule:

10 and Under Session

Warm up- 8:00AM, Meet 8:45AM

11 and Older Session

Warm up- not before 11:30AM

(meet begins 45 minutes after warm up)

Girls	Event Schedule	Boys	Girls	Event Schedule	Boys
1	9-10 200 IM	2	33	11 & O 400 IM	34
3	10&U 100 IM	4	35	11 & O 200 IM	36
5	8&U 25 Fly	6	37	11 & O 50 Fly	38
7	10 & U 50 Fly	8	39	11 & O 100 Fly	40
9	10&U 100 Fly	10	41	11 & O 200 Fly	42
11	8&U 25 Back	12	43	11 & O 50 Back	44
13	10 & U 50 Back	14	45	11 & O 100 Back	46
15	10&U 100 Back	16	47	11 & O 200 Back	48
17	8&U 25 Breast	18	49	11 & O 50 Breast	50
19	10 & U 50 Breast	20	51	11 & O 100 Breast	52
21	10&U 100 Breast	22	53	11 & O 200 Breast	54
23	8&U 25 Free	24	55	11 & O 50 Free	56
25	10 & U 50 Free	26	57	11 & O 100 Free	58
27	10&U 100 Free	28	59	11 & O 200 Free	60
29	8 & U 100 Free Relay	30			
31	10 & U 200 Free Relay	32			

