



- 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.
- Changing into and out of swimsuits other than in locker rooms or other designated areas is not permitted.

#### Eligibility:

- The meet is open to USA Swimming-registered swimmers and the entrant must be a USA Swimming member as provided in Article 302.
- Swimmer's age as of April 27, 2018 determines age for the meet.
- Swimmers must be 12 years old to be eligible for Senior events.

#### Entries:

- Each swimmer may enter a maximum of 3 individual events per day.**
- Email entries to [johnj@ymcanwla.org](mailto:johnj@ymcanwla.org). All entries are due by Monday, April 23, 2018 by 12:00pm.**
- This meet is limited to 350 swimmers.
- Entries are accepted on first come basis and electronic entry file from the Head Coach/Team Entry Chair is required for entry. Once entry limit is reached the meet will be closed. Teams will not be split.
- Deck entries will be accepted at the discretion of the Meet Director to fill open lanes in existing heats only. No new heats will be created. The Deck Entry Fee is double and payable at time of entry. This includes ANY changes from one event to another during the meet.

Entry Fees:    \$3.50 per event (\$8 per relay)  
                      \$7.00 LA Swimming swimmer surcharge (per swimmer)  
                      \$5.00 Facility charge (per swimmer)  
                      **Fees payable to YMCA of NWLA**

#### Conduct:

- Timed Final events will be swum slowest to fastest.

#### Scoring:

- Top 8 places will be scored.
- \*11 & over will be scored as 11-12, 13-14, 15 & over
- \*12 & under will be scored as 8 & under, 9-10, 11-12
- \*13 & over will be scored as 13-14, 15 & over
- Ribbons will be presented to 12 & under for first through eighth place
- \*Senior – no age group breakdown for scoring, no awards

#### Visiting Team Procedures:

- Each team will be assigned warmup lanes prior to start of warmup.
- Each team will provide timers in proportion to meet entries in a session.

#### Seating:

- Bleacher seating will be reserved for spectators along the far wall from the start end until about mid-pool.
- Limited bleacher seating will be available for swimmers/teams along the far wall from about mid-pool down to the turn end.
- Teams/Swimmers are asked to make their main camp in the gym.
  - an announcer will be provided to keep everyone up to speed on pace of the meet and current events/heats.

**Times below are subject to change pending entry totals.**

**Friday, April 27 – SESSION 1                      Warmup 4:30PM    Meet 5:30PM**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	Senior 50 Fly	2
3	Senior 50 Back	4
5	Senior 50 Breast	6
7	Senior 50 Free	8

**Saturday, April 28 – SESSION 2                      Warmup 8:00AM    Meet 9:00AM**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
9	13&over 100 Fly	10
11	13&over 200 Back	12
13	13&over 100 Free	14
15	13&over 200 Breast	16
17	13&over 400 Free Relay	18

**Saturday, April 28 – SESSION 3                      Warmup 12:00PM    Meet 1:00PM**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
19	12&under 100 Free	20
21	12&under 50 Breast	22
23	12 & Under 200 IM	24
25	12&under 100 Fly	26
27	12&under 50 Back	28
29	10&under 200 Free Relay	30
31	11-12 200 Free Relay	32

**Sunday, April 29 – SESSION 4                      Warmup 8:00AM    Meet 9:00AM**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
33	13&over 200 Free	34
35	13&over 100 Breast	36
37	13&over 200 Fly	38
39	13&over 100 Back	40
41	13&over 400 Medley Relay	42

**Sunday, April 29 – SESSION 5                      Warmup 12:00PM    Meet 1:00PM**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
43	12&under 200 Free	44
45	12&under 50 Fly	46
47	12&under 100 Back	48
49	12&under 50 Free	50
51	12&under 100 Breast	52
53	10&under 200 Medley Relay	54
55	11-12 200 Medley Relay	56

**HOTEL INFORMATION for Visiting Teams:**

**Hilton Shreveport      \$109/night (including 2 breakfast vouchers) \*\*\$7 parking fee**

104 Market St  
Shreveport, LA 71101  
(318) 698-0900

**BOOKING LINK:** <https://aws.passkey.com/go/RRCASpringSprint>

**Must book by March 30th**

**Holiday Inn Express      \$104/night (breakfast included)**

8751 Park Plaza Dr  
Shreveport, LA 71105  
(318) 629-0163

**BOOKING LINK:** <https://www.hiexpress.com/redirect?path=event-facilities&brandCode=EX&localeCode=en@ionCode=1&hotelCode=SHVBP&PMID=99801505&GPC=RRA&viewfullsite=true>