



2017 LOUISIANA LONG COURSE STATE SWIMMING CHAMPIONSHIPS

July 13 – 16, 2017

Sponsor: Louisiana Swimming, Inc.

Location: Hosted by Crescent City Swim Club

UNO Aquatics Center, 6801 Franklin Ave., New Orleans, LA 70148

Sanction: Sanction # Held under the sanction of USA Swimming and Louisiana Swimming. In granting this sanction, 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 injuries to anyone during the conduct of this meet.

Date & Time: The meet will be held July 13 - 16, 2017. On Thursday, Friday, and Saturday 13 and over prelims will begin at 8:30 a.m. with open warm up beginning at 6:00 a.m. and controlled warm up starting 30 minutes prior to the start of the meet. Finals for 13 and over swimmers will begin at 5:00 p.m. with open warm up at 4:00 p.m. and controlled warm up starting 30 minutes prior to the start of the meet. **On Sunday 13 and over prelims will begin at 8:00 with open warm up beginning at 6:00 a.m. Finals will start at 4:30 p.m. with warm up starting at 3:30 p.m.**

12 and under swimmers will swim the 400 free as a timed final Thursday night and all other events as timed finals between the prelim and final sessions Friday through Sunday. Warm up will start no earlier than 12:00 noon with competition beginning at 1:00 p.m. On Sunday the warm ups will begin no earlier than 11:30 a.m. with competition beginning at 12:30 p.m.

Warm-up times and meet start times are subject to change due to meet size.

Facility: Indoor 8 lane 50 meter pool with a non-turbulent lane lines. Pool depth is 16 feet in the deep end, 4 feet in the shallow end. A separate warm-up area is provided in the outdoor 25 yard pool. The competition course has been certified in accordance with USA Swimming Technical Rule 104.2.2C(4) which is on file with USA Swimming.

Timing: Colorado automatic timing with 8 lane alphanumeric electronic scoreboard as the primary system. Secondary system will be manual – electronic with two buttons per lane. Tertiary system will be one digital watch per lane with a second watch on first place in each event.

Eligibility: No swimmer will be permitted to compete unless a member of USA Swimming as provided in Article 302. Swimmer must have current 2017 USA registration, be a member of Louisiana

Swimming, and have achieved the current Louisiana state qualifying time standards from January 1, 2016 through the meet entry deadline. This meet is a closed championship. Age as of July 13, 2017 will determine the swimmer's age for the meet.

Entry Limit: Athletes are limited to not more than three (3) individual events per day and not more than seven (7) individual events total. Athletes who have qualified in one or more individual events may enter up to two (2) bonus events provided they have met the current National Age Group Motivational "BB" qualifying time for those events. Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" or "B". Deck entries will not be permitted.

Format: Preliminaries and finals will be contested in all individual events except the following which will be timed finals: all 11-12, 10 and under and 12 and under events. Swimmers must have the qualifying time to enter the 12 and under 400 Free. The 400 Free, 800 Free, 1500 Free, and 400 IM are also timed finals and swimmers must have qualifying time to enter these events. Finals with two heats (consolations and championship) will be held for all other 13-14, 15-16 and open events. Consolation finals and finals heats will each contain a maximum of eight swimmers. The heat sheet for finals events will list two alternates. If additional alternates are required, they will be pulled sequentially from the preliminary results. The preliminary events will have two courses with odd and even heats. At the discretion of the Meet Referee, the preliminary sessions may be conducted using flyover starts. Details of any changes to normal meet operations protocol will be announced at the coaches meeting which will be held prior to the start of each session. The courses for each day will be announced prior to the meet. This meet has been exempt from the LSI time limit rule. Controlled warm-up will be used for all 13 and over sessions. Lanes 1 and 8 are designated as push pace, lanes 2 and 7 as one way dive, and lanes 3, 4, 5, and 6 as general warm up.

Distance

Events: Thursday: 400 IM: This is a timed final and check in event and swimmer must designate preference to swim at prelims or finals at sign up. The fastest two heats of girls and boys will swim as the first event at finals with the second fastest heat followed by the fastest heat. The event will be swum as a mixed age event but scored as 13-14, 15-16, and Open. All additional heats will swim fastest to slowest as the first event in prelims.

Thursday: 12 and under 400 Free: will be a timed final event. This is a check in event and all heats will swim during Thursday's final session fastest to slowest.

Friday: Women 800 Free and Men 1500 Free: These are timed final and check in events and swimmer must designate preference to swim at prelims or finals. The fastest 8 women and men will swim as the first event at finals. All other heats will swim fastest to slowest in the prelim session as the last event and swimmers must provide their own timers. These events will be swum as mixed age events but scored as 13-14, 15-16, and Open. There will be a 10 minute break prior to the start of the morning heats.

Saturday: 400 Free: This is a timed final and check in event and swimmer must designate preference to swim at prelims or finals at sign up. The fastest two heats of girls and boys will swim as the first event at finals with the second fastest heat followed by the fastest heat. All additional heats will swim after the relays in the morning fastest to slowest. There will be a 10 minute break prior to the start of the morning heats. This event will be swum as a mixed age event but scored as 13-14, 15-16, and Open.

All 400 swimmers must provide their own timers at prelims.

Sunday: Women 1500 free and men 800 Free: Conduct of these events will be the same as Friday. Additional heats will swim fastest to slowest in the morning after the 200 freestyle and swimmers must provide their own timers. There will be a 10 minute break prior to the start of the morning heats.

Rules: Conduct of this sanctioned meet shall conform to the 2017 United States Swimming Rules, Bylaws of Louisiana Swimming, and Rules, Regulations, Policies, and Procedures of Louisiana Swimming. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of this information. At this meet, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision if requested in advance. Swimmers will be respectful and obey recommendations of the Meet Marshals.

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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Changing into and out of swimsuits other than in locker rooms or other designated areas is prohibited.

Meet Entries: The USA Swimming Online Meet Entry (OME) will be used for all meet entries (www.usaswimming.org/ome). The deadline to submit entries is Monday, July 10, 2017 by 9:00 a.m. CDT. **No late entries will be accepted.** All entry questions should be directed to Colleen Barczyk of COLA Swimming at docsbcg@bellsouth.net.

OME is not an eligibility report. It is the coach's responsibility to know which events your athlete is qualified. You can modify your entry online by adding to the original entry. You may not delete an online entry once it has been submitted. Once you complete your online entry, you will be sent an email confirmation. Please file this and have accessible during the meet in the event it is needed for reference.

Late Entries: After the OME entry deadline additional entries may be accepted for swimmers already entered in the meet. Entries will be added into open lanes of the events wishing to be entered. The deadline to submit a late entry will coincide with the deadline for that days sign in event. These entries will be accepted on a first come first served basis and no new heats will be added. The late entry fee will be \$150.00 per event.

Entry Fees: Fees for individual events are \$ 3.50 each. Fees for relay events are \$8.00 each. A \$10.00 surcharge will be assessed each athlete who participates in the Championship Meet. \$5.00 will go to the LSI All Star Travel Fund and \$5.00 will go to the host team. Ten percent (10%) of all entry fees will be submitted to the LSI travel fund. Fees must be paid at the meet check-in. Club checks should be made payable to Louisiana Swimming, Inc.

Proof of Time: SWIMS, the national times database of USA Swimming will be used for proof of times. Times from USA Swimming sanctioned and observed competitions (including high school championship meets) may be used as qualifying times. Qualifying times have been established in yards or meters for all age groups and open events. Respective entries must reflect yard or meter after entry times as set forth by the state qualifying times. Qualifying times may be done in short course yards, long course meters or short course meters. All individual entry times must be proven prior to

the event through the SWIMS database. No swimmer will be permitted to swim without said proof of time through OME or when necessary, providing alternate proof of time to the LSC Registrar for verification. It is coaches or entry chairperson responsibility to have athletes registered. Swimmer registration should be confirmed early in the entry process.

District

Winners: Any swimmer that wins an event in the district meet (without meeting the qualifying time) with a distance of 50, 100, or 200 will automatically be eligible to swim that event in the state meet with no more than three swims a day. Bonus swims will not be granted from a district win (unless the qualifying time was met for that event). These swimmers will be entered through email but make sure your **district winners are included on your OME roster**. Coaches must send the email to docsbcg@bellsouth.net by **Monday, July 10, 2017 at 9:00 a.m. CDT**. The email must include athlete name, USA Swimming ID number, gender, state meet event number, event name and entry time.

Any swimmer who makes a state qualifying time at the district meet will be entered in the state championship through OME. Entries will close on Monday, July 10, 2017 at 9:00 a.m. CDT.

Scratch

Procedures: This meet will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. Coaches must declare a false start/scratch of the athlete in the preliminary event. The penalty for failure to compete in an individual preliminary heat in which a swimmer is entered and has not been scratched will be that a team coach must confirm all future swims for that swimmer with the Clerk of Course or Meet Referee.

The Scratch Rule regarding confirmation of swimmers for the Consolation Finals and Finals and for deck-seeded Timed Finals will be implemented. Any finalist who fails to compete at finals, consolation finals or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course or Meet Referee prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations.

Relays: Relay cards are to be turned into the specific lane timer before the team's heat begins. All relays will be timed finals. Relays for 13-14 and 15-18 years old will be contested in the preliminary sessions for 13 and over swimmers. Relays in the preliminary sessions will be contested slowest to fastest by event number. Open relays will be contested during the finals sessions. Relays in the finals sessions will be contested second fastest female heat, followed by fastest female heat, followed by second fastest male heat, followed by fastest male heat, followed by alternating the fastest female and then male heats until relays are completed. **Teams must provide own timers for Open Relays**. Relays submitted with no times will not be accepted. Relays for 10 and under and 11-12 will swim at the end of the middle session on Saturday and Sunday. They will swim slowest to fastest by event number.

Relays will be seeded by submitted times. When reporting to the starting block, relay cards must show the names and order of swimming of competing swimmers. Relay cards that are improperly filled out will result in the team being fined \$25 per infraction, payable prior to swimming the next event.

Only swimmers appearing on team official entry blanks are eligible to swim in relays. Relay only swimmers must be entered on your roster in OME. In order to swim multiple age group relays, the composition within each age group is as follows: swimming one relay requires one individual qualifier and two relays require five qualifiers.

Seeding: The order of seeding long course meters (LCM), short course yards (SCY), and short course meters (SCM).

Meet Scoring: Scoring will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values per place. Open relays must equal or better qualifying times in order to score points. Individual points scored in age group events are not scored toward Open individual and/or team awards. Points scored in Open events are scored toward age group individual and/or team award providing that event is not offered in their respective age group.

Results: All results will be available on the Louisiana Swimming website (www.louisianaswimming.org).

Awards: 10 & Under and 11-12 Events

Individual and relay awards will be given for all athletes scoring points and distributed to teams at the conclusion of the meet. For individual events, medals will be awarded to the 1st through 8th places; ribbons will be awarded to 9th through 16th places; and All State patches will be awarded to 1st through 3rd places. For relays, medals will be awarded to 1st through 3rd places; ribbons will be awarded to 4th through 16th places; and All State patches will be awarded to 1st through 3rd places.

13-14, 15-16, 15-18 and Open Events

Individual and relay awards will be given to teams at the conclusion of the meet. For individual events, medals will be awarded to the 1st through 3rd places; ribbons will be awarded to 4th through 8th places; and all state patches will be awarded to 1st through 3rd places. For relays, medals will be awarded to 1st through 3rd places; ribbons will be awarded to 4th through 8th places; and all-state patches will be awarded to 1st through 3rd places.

Overall team championship awards will be awarded to 1st through 8th places. Individual high point awards will be awarded to each outstanding boy and girl swimmer of each age group and open category who accumulates the highest number of points for each respective category.

Damon McCoy Swimmer of the Meet Award will be presented following the final event on Sunday evening.

Team Spirit/Sportsmanship Award was initiated by the athlete representatives and issued for the first time at the 1997 Long Course State Meet and is presented at each state meet. This award has been initiated to create a more enthusiastic championship meet and encourage fast swimming. This award is presented to the team who demonstrates not only great spirit through team cheers, signs, etc., but also good sportsmanship. Every team has two votes to cast on Sunday evening. The meet referee as well as five other randomly chosen officials will each have two votes to be counted in the final tally.

Meet officials will be randomly chosen prior to the Thursday night session. Ballots will be handed out at the end of preliminaries on Sunday and should be handed in by 6:00 p.m. Sunday to the senior athlete representative.

Non-Athletes: All coaches, meet directors, referees, starters, and stroke and turn judges, serving in an official capacity must be members of USA Swimming. All non-athletes must constantly display their current USA Swimming credential or be prepared to present their USA Swimming ID card as proof of their registration to the Meet Director or designee at any time. The meet referee reserves the right to ask for a coach credential and/or deny deck access if coach does not comply or card is no longer valid or current.

Meet Officials: Each participating team shall provide officials or assume various responsibilities as outlined on the Work Assignments. Teams failing to comply with these assignments will be subject to any or all of the following: **\$100.00** fine and still required to provide officials/timers or expulsion from the meet with no return of entry fees.

If unable to fulfill the assigned requirements, teams must submit a statement with their entries outlining which responsibilities they can fulfill, and which they cannot fulfill. If necessary, final resolution of problems concerning these responsibilities will be made at the coordination meeting on Thursday night. If you are unable to provide workers for your assigned positions, please notify **Jimmie Jones in writing prior to the meet starting**. State the reasons you will be unable to comply. Jimmie Jones, 408 Dockside Drive, Slidell, LA 70461; e-mail jimmie.jonesmx5@gmail.com.

Officials

Recertification: This meet has been designated for USA Swimming official's recertification and possible national certification. The required briefings will be held 45 minutes in advance of each session. Official's LSC Recertification Clinic will be held between preliminary and finals on Saturday. Stroke and Turn Certification Clinic will be conducted between sessions on Sunday.

Coaches

Meeting: If required, a coaches meeting will be held on Thursday before the first session at 5:45 p.m. in the hospitality room. If required, there will be a meeting of the coaches prior to the start of each session.

Athlete's Rep: If necessary, there will be a meeting of all athletes during the meet. Athletes will be electing a new sophomore representative at this meet.

Meet Referee: Jimmie Jones

Meet Director: Colleen Barczyk