



2018 LOUISIANA LONG COURSE STATE SWIMMING CHAMPIONSHIPS

July 19-22, 2018

- Sponsor:** Louisiana Swimming, Inc.
- Location:** UNO Aquatic 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:** Thursday, July 19 through Sunday, July 22, 2018. Thursday through Sunday: Prelims will start at 9:00 a.m. and Finals will start at 4:30 p.m. Warm-up times and meet start times are subject to change based upon meet size at the discretion of the meet director. Times will be posted prior to the meet.
- Facility:** Indoor 50 meter pool with non-turbulent lane lines. The competition course has been certified in accordance with 104.2.2C (4). The indoor pool depth at the starting end is 8.01 feet, depth at turn end is 3.95 feet and depth at center is 7.29 feet. There is a six-lane outdoor 25 yard pool that has a depth of 4 feet. Electronic timing is provided for all 8 lanes. Dressing and locker-rooms are available.
- Timing:** Colorado automatic timing with scoreboard display will be the primary system. Secondary system will be manual – electronic with two buttons per lane. Tertiary system will be two digital watches per lane with a third watch on first place in each heat.
- Eligibility:** No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. Swimmers must have current 2018 USA registration, be a member of Louisiana Swimming and have achieved the current Louisiana state qualifying time standards from January 1, 2017 through the meet entry deadline. This meet is a closed championship.
- Age as of July 19, 2018 will determine the swimmer's age for the entire meet. **Swimmers who turn 13 between the 12 and under champs and the 13 and over champs will be permitted to swim in the 13 and over meet provided they do not exceed the 7 event entry limit for both sections of state combined** and meet the qualifying times. These entries will not be done on OME. Send directly to docsbcg@bellsouth.net prior to meet entry deadline.
- Entry Limit:** Athletes are limited to not more than three (3) individual events per day and not more than seven (7) individual events total. 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.
- The entry limit is 7 individual events total if an athlete participates in both the 12 and under and the 13 and over state meet.**

Format: Preliminaries and finals will be contested in all individual events except for the following which will be timed finals: 800 free, 400 free, 400 IM, 1500 Free and all relays. Finals with two heats (consolation 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 may run from both ends of pool based on meet size. Details of any changes to meet protocol will be announced prior to meet start. This meet has been exempt from the LSI time limit rule.

Distance

Events: **Athletes or coaches are required to sign in for all distance 15 minutes prior to the start of prelims and declare desire to swim in the prelim or finals session. All ages will be seeded together but scored 13-14, 15-16, and Open.**

Thursday: 800 Free Fastest 8 girls and boys will swim in finals. All other entries will swim after the 200 fly in the prelim session alternating girl and boy heats fastest to slowest. Must provide your own timer and counter for the prelim session swims.

Friday: 400 Free Fastest 16 girls and boys will swim in Finals. All other entries will swim after the relays in the prelim session alternating girl heats and boy heats fastest to slowest. Must provide your own timer for the prelim session swims.

Saturday: 400 IM Fastest 16 girls and boys will swim in finals. All other entries will swim after the relays in the prelim session alternating girl and boy heats fastest to slowest. Must provide your own timer for the prelim session swims.

Sunday: 1500 Free Fastest 8 girls and boys will swim in finals. All other entries will swim after the 100 free in prelims alternating girls and boys fastest to slowest. Must provide your own timer and counter for the prelim session swims.

Rules: Conduct of this sanctioned meet shall conform in every respect to the 2018 United States Swimming Rules and Regulations and Bylaws of Louisiana Swimming and Rules and Regulations and Policies and Procedures of Louisiana Swimming. It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information in this rulebook. 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 Wednesday, July 11, 2018 by 11:59 p.m. CST. No late entries will be accepted after the OME deadline. 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 they are needed for reference.

Special Needs

Entries: Swimmers with special needs may participate in this meet in the following events: 100 backstroke, 100 butterfly, 100 freestyle, 100 breaststroke, and 50 freestyle in the appropriate gender and age group. Please enter using the attached entry form only.

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 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 \$12.00 surcharge will be assessed each athlete who participates in the Championship Meet. 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 meter or yard entry times as set forth by the state qualifying times. Qualifying times may be done in long course meters or short course yards. 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.

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 the team's 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 a final or consolation final for which they 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. Age Group Relays for 13 - 14 and 15 - 18 years old will be competed in the preliminary sessions. Open relays will be competed in the finals sessions. Relays in the morning preliminary sessions will be contested slowest to fastest by event number. Relays in the evening 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 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 seeding order is long course meters (LC), short course meters (SCM), short course yards (SC).

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: 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 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 was 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 in the team packet and should be handed in by 6:00 p.m. Sunday.

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's credentials and 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 **Richard Whitney in writing prior to the meet starting**. State the reasons you will be unable to comply. Richard Whitney, 14471 River Road, Hahnville, LA 70057; e-mail: rdw2usas@gmail.com

Officials This meet has been designated for USA Swimming official's recertification and possible national
Recertification: 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 at a time designated by the Meet Director in the hospitality room. If required, there will be a meeting of the coaches prior to the start of each session. If necessary, coaches should be ready to attend a meeting regarding the Long Course State Meet and any other appropriate business.

Athlete's Rep: If necessary, there will be a meeting of all athletes during the meet.

Meet Referee: Richard Whitney

Meet Director: Colleen Barczyk

Order of Events

Female			Male
Event No.	Age Group	Event	Event No.
THURSDAY			
<i>Prelims: Warm-up start dependent on meet size. Meet starts at 9:00 a.m. (or earlier due to meet size)</i>			
<i>Finals: Warm-up TBA. Meet starts at 4:30</i>			
<i>Event 7-8: Fastest 8 girls and boys swim at finals and remaining heats will swim after event 20 of prelims</i>			
<i>There will be a 10 minute break after event 20 at prelims and finals</i>			
1	13-14	200 Individual Medley	2
3	15-16	200 Individual Medley	4
5	Open	200 Individual Medley	6
7	13-14, 15-16 & Open	800 Freestyle	8
9	13-14	50 Freestyle	10
11	15-16	50 Freestyle	12
13	Open	50 Freestyle	14
15	13-14	200 Butterfly	16
17	15-16	200 Butterfly	18
19	Open	200 Butterfly	20
21	Open	400 Freestyle Relay	22
FRIDAY			
<i>Prelims: Warm-up start dependent on meet size. Meet starts at 9:00 a.m. (or earlier due to meet size)</i>			
<i>Finals: Warm-up TBA. Meet starts at 4:30 p.m.</i>			
<i>Event 23-24: Fastest 16 girls and boys swim at finals and remaining heats will swim after event 40 of prelims</i>			
<i>There will be a 10 minute break after event 40 at prelims</i>			
<i>There will be a 10 minute break after event 36 at finals</i>			
23	13-14, 15-16 & Open	400 Freestyle	24
25	13-14	100 Breaststroke	26
27	15-16	100 Breaststroke	28
29	Open	100 Breaststroke	30
31	13-14	200 Backstroke	32
33	15-16	200 Backstroke	34
35	Open	200 Backstroke	36
37	13-14	200 Medley Relay	38
39	15-18	200 Medley Relay	40
41	Open	800 Freestyle Relay	42

SATURDAY

Prelims: Warm-up start dependent on meet size. Meet starts at 9:00 a.m. (or earlier due to meet size)

Finals: Warm-up TBA. Meet starts at 4:30 p.m.

Event 43-44: Fastest 16 girls and boys swim at finals and remaining heats will swim after event 60 of prelims

There will be a 10 minute break after event 60 at prelims

There will be a 10 minute break after event 56 at finals

43	13-14, 15-16 & Open	400 Individual Medley	44
45	13-14	100 Backstroke	46
47	15-16	100 Backstroke	48
49	Open	100 Backstroke	50
51	13-14	200 Freestyle	52
53	15-16	200 Freestyle	54
55	Open	200 Freestyle	56
57	13-14	200 Freestyle Relay	58
59	15-18	200 Freestyle Relay	60
61	Open	400 Medley Relay	62

SUNDAY

Prelims: Warm-up start dependent on meet size. Meet starts at 9:00 a.m. (or earlier due to meet size)

Finals: Warm-up TBA. Meet starts at 4:30 p.m.

Event 63-64: Fastest 8 girls and boys swim at finals and remaining heats will swim after event 82 in prelims

There will be a 10 minute break after event 82 at prelims

63	13-14, 15-16 & Open	1500 Freestyle	64
65	13-14	100 Butterfly	66
67	15-16	100 Butterfly	68
69	Open	100 Butterfly	70
71	13-14	200 Breaststroke	72
73	15-16	200 Breaststroke	74
75	Open	200 Breaststroke	76
77	13-14	100 Freestyle	78
79	15-16	100 Freestyle	80
81	Open	100 Freestyle	82

Swimmers with Disabilities Meet Entry Summary Sheet

Name: _____
DOB: _____
Male or Female: _____
Address: _____
City: _____ State: _____ Zip: _____
Age on 1st day of meet: _____
Swimmer/Parent E-mail Address: _____
Club: _____
Club Coach: _____
Phone: _____
Parent/Guardian's Name: _____
Phone: Day: _____ Cell: _____
Emergency Contact: Name: _____
Phone: _____

EVENT ENTRY TIME Accommodation Requested

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Please indicate the swimmers requested accommodation (lane, event of diff distance, etc.) for each event. The Meet Referee has the final decision regarding seeding procedures. (Write NA if none necessary)

I certify that the above listed times are correct.

Signed: _____

Date: _____

Club Head Coach/Age Group Coach (REQUIRED SIGNATURE): _____