



**2020 LOUISIANA “AGE GROUP”
SHORT COURSE
STATE SWIMMING CHAMPIONSHIPS
MARCH 12-15, 2020**

Sponsor: Louisiana Swimming, Inc.

Host Team: Tiger Aquatics

Sanction: Sanction #2020-03- . 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.

Meet Director: Mike Falati- ccscnola@aol.com, 504-400-6143

Meet Referee: Ty Dolese- ty.dolese@gmail.com, 504-812-7631

Date & Time: Thursday, March 12 through Sunday, March 15, 2020.

Thursday night “open” warm-ups will begin at 4:00 p.m. and the meet will start at 5:00 p.m.

Warm-up times for Prelim/Final sessions are dependent upon the meet size and will be assigned prior to the meet. Warm-up times and meet start times are subject to change due to meet size.

Preliminary Sessions will start at 9:00 a.m. or earlier depending on meet size.

Final Sessions will start at 5:00 p.m. each night.

Location: LSU Natatorium: Nicholson Dr & W. Chimes St, Baton Rouge, LA 70808.

Facility: Indoor 50 meter pool divided into two eight-lane 25-yard pools by paddock bulkheads with non-turbulent lane lines. The competition course has been certified in accordance with 104.2.2C (4). The indoor pool depth is 7 feet continuous. There is a six-lane diving well 25 yard pool has a depth of 14-17 feet. Electronic timing is provided for all 16 lanes. Starting blocks will be provided for both pools. Dressing and locker-rooms are available. A concession stand is available.

Timing: Daktronics 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 one digital watch per lane with a second watch on first place in each heat.

Rules: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

Conduct of this sanctioned meet shall conform in every respect to the 2020 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 the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

Deck Changes are prohibited. Deck Change definition – "changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes".

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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 2020 USA registration, be a member of Louisiana Swimming and have achieved the current Louisiana State Qualifying time standards from January 1, 2019 through the meet entry deadline.

Age as of March 12, 2020 will determine the swimmer's age for the entire meet.

Entry Limit: Athletes are limited to not more than three (3) individual events per day and not more than six (6) individual events total.

Athletes may not enter more than 1 relay per session with a maximum of 4 relays.

Teams may enter a maximum of two (2) relay teams per event and they must be designated "A" or "B".

The entry limit is 6 individual events total if an athlete participates in either, or both, the Age Group and Senior State Championships.

Format: Preliminaries and Finals will be contested in all individual events except for the following which will be Timed Finals: 10&U 200Y Free, 10&U 200Y IM, 12&U 500Y Free, 14&U 1000Y Free, and 14&U 1650Y Free.

Finals with two heats (Consolation and Championship) will be held for all Prelims/Finals events.

(*13-14 400 IM and 500 Free are now conducted as Prelims/Finals with Top 16 swimming in Finals.)

Consolation Finals and Championship Finals heats will each contain a maximum of eight swimmers.

The Preliminary events will reserve the right to have two courses based on size of the meet. The courses for each day will be announced prior to the meet.

At the discretion of the Meet Referee, the Preliminary sessions may be conducted using flyover starts.

The heat sheet for Finals events will list two alternates. If additional alternates are required, they will be pulled sequentially from the Preliminary results.

There will be a ready room utilized for all individual Finals events.

Details of any changes to normal meet operations protocol will be published with the work assignments and session reports.

This meet has been exempt from the LSI time limit rule. This meet is a closed championship.

Distance Events: All scratches or confirmation and, if necessary, proof of seed time must be reported to the clerk of course one hour prior to the event being contested.

14&U 1650Y Free

The 14&U 1650Y Free will be swum on Thursday night conducted slowest to fastest and mixed gender. This is a positive check-in event. Swimmers are to provide their own timers and counters. Swimmers must have the qualifying time for the 1500M/1650Y Free or 800M/1000Y Free to swim this event.

13-14 400Y IM

The 13-14 400Y IM will be pre-seeded and conducted as a Prelim/Final event in the regular event order.

10&U 200Y Free and 200Y IM

The fastest two heats (Top 16) of the female and male 10&U 200Y Free and 200Y IM will be contested in Finals. All other heats will be conducted slowest to fastest in Prelims in the regular event order. Both of these events are positive check-in events.

12&U 500Y Free

The fastest single heat (Top 8) of the female and male 12&U 500Y Free will be contested in Finals.

All other heats will be contested fastest to slowest in the preliminary session after event #62.

This is a positive check-in event. Swimmers must provide their own timers and counters if swimming during Prelims. Swimmers must provide their own counter if swimming in Finals.

13-14 500Y Free

The 13-14 female and male 500Y Free Preliminaries will be conducted as fastest to slowest and contested in the morning at the conclusion of the scheduled events and the 12&U 500Y Free. Swimmers must provide their own timers and counters if swimming during Prelims. Swimmers must provide their own counter if swimming in Finals.

14&U 1000Y Free

The top 4 female and top 4 male swimmers in the 1000Y Free will compete together as the "Final" heat of this event to be contested as the first event of the Sunday night Finals session. All other heats of the 1000Y Free will be contested 10 minutes after the conclusion of the Preliminaries on Sunday. This event will be contested fastest to slowest and mixed gender. This is a positive check-in event. All swimmers must sign in and declare preference to swim in either the AM or PM session by the sign-in deadline. Swimmers are to provide their own timers and counters if swimming during Prelims. Swimmers must provide their own counter if swimming in Finals. Swimmers must have the qualifying time for the 1500M/1650Y Free or 800M/1000Y Free to swim this event.

Relays: Teams may enter a maximum of 2 relays per event. All relays will be Timed Finals. All relays will be conducted slowest to fastest.

Age Group Relays (200 Free Relay and 200 Medley Relay) for 10&U, 12&U, and 14&U will compete in the Preliminary sessions.

14&U 400 Free and 400 Medley relays will compete in the Finals sessions.

Relays will be seeded by submitted times. Relays submitted with no time will not be accepted.

Relay sheets are to be turned in to the meet admin before the team's heat begins. Relay sheets that are improperly filled out will result in the team being fined \$25 per infraction, payable prior to swimming the next event.

Relay-only swimmers must be entered on your roster in OME.

Entry Fees: Fees for individual events are \$5.00 each. Fees for relay events are \$12.00 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.**"

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, March 4, 2020 by 11:59 p.m. CST.

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.

Entry questions should be directed to Sarah Landreneau: laswimmingmeets@gmail.com, 337-308-0040.

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. 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.

Qualifying times have been established in both yards and meters.

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

Late Entries: Swimmers may be entered after the OME deadline. Additional events may also be added for swimmers already in the meet. Entries will be added into open lanes of the pre-seeded events. Swimmers will be able to enter positive check-in events prior to check-in deadline. The deadline to submit a late entry will coincide with the deadline for that day's sign-in event. These entries will be accepted on a first come first served basis. The late entry fee will be the meet surcharge plus \$150.00 per event. An additional \$150.00 must be paid to be relay eligible.

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 Championship Finals and for positive check-in Timed Finals will be implemented. Any finalist who fails to compete in the Championship Finals, Consolation Finals or any positive check-in Timed Final event, 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.

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.

All participants competing in the 12&U 500 Free, 14&U 1000 Free, and 14&U 1650 Free are scored together as a single age group.

Awards: Individual and relay awards will be given for all athletes scoring points and distributed to teams at the conclusion of the meet.

Overall team championship awards will be awarded to 1st through 8th places.

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 8th places; and "All State" patches will be awarded to 1st through 3rd places.

Individual High Point awards will be awarded to the male and female swimmer of each age group who accumulates the highest number of points.

Damon McCoy Swimmer of the Meet Award

This award will be presented to one outstanding male and one outstanding female swimmer following the final event on Sunday evening.

Ed Kelly Spirit Award

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 by 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 Meet Director.

**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.*

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

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 be able to provide proof of their registration to the Meet Director or Meet Referee at any time. The Meet Director and Meet Referee reserve the right to deny deck access if the coach does not comply or is no longer currently registered.

Coaches will be required to check-in each day in order to verify the credentials of their team's coaches in order to receive the day's heat sheets and/or relay sheets.

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 **Ty Dolese in writing prior to the meet starting**. State the reason you will be unable to comply.

Ty Dolese (Meet Referee) email: ty.dolese@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 If required, a coaches meeting will be held on Thursday before the first session at 5:45 p.m. in the
Meeting: 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.

Order of Events

Female			Male
Event No.	Age Group	Event	Event No.
THURSDAY			
<i>Timed Finals: Open warm-up at 4:00 p.m. Meet starts at 5:00 p.m.</i>			
1	14&U	1650 Freestyle (TF)	2
FRIDAY			
<i>Prelims: Warm-ups TBD based on Team Assignments. Meet starts at 9:00 a.m.</i>			
<i>Finals: Warm-ups TBD based on Team Assignments. Meet starts at 5:00 p.m.</i>			
3	10&U	100 IM	4
5	11-12	100 IM	6
7	13-14	400 IM	8
9	10&U	100 Backstroke	10
11	11-12	100 Backstroke	12
13	13-14	100 Backstroke	14
15	10&U	50 Butterfly	16
17	11-12	50 Butterfly	18
19	13-14	200 Butterfly	20
21	10&U	200 Freestyle (TF)	22
23	11-12	200 Freestyle	24
25	13-14	200 Freestyle	26
27	10&U	200 Freestyle Relay (TF-Prelims)	28
29	12&U	200 Freestyle Relay (TF-Prelims)	30
31	14&U	200 Freestyle Relay (TF-Prelims)	32
<i>In Finals, there will be a 10 minute break after event 26 and before event 33.</i>			
33	14&U	400 Freestyle Relay (Finals Session)	34
SATURDAY			
<i>Prelims: Warm-ups TBD based on Team Assignments. Meet starts at 9:00 a.m.</i>			
<i>Finals: Warm-ups TBD based on Team Assignments. Meet starts at 5:00 p.m.</i>			
35	10&U	100 Freestyle	36
37	11-12	100 Freestyle	38
39	13-14	100 Freestyle	40
41	10&U	50 Breaststroke	42
43	11-12	50 Breaststroke	44
45	13-14	200 Breaststroke	46
47	10&U	100 Butterfly	48
49	11-12	100 Butterfly	50
51	13-14	100 Butterfly	52
57	10&U	200 Medley Relay (TF-Prelims)	58
59	12&U	200 Medley Relay (TF-Prelims)	60
61	14&U	200 Medley Relay (TF-Prelims)	62
<i>In Prelims, the 500Y Free will be after event 62 with after a 10 minute break.</i>			
<i>The fastest 2 heats of female and male 12&U 500Y Free will swim in Finals.</i>			
<i>All 500Y Free preliminary swims will be contested fastest to slowest.</i>			
53	12&U	500 Freestyle (TFP) *Top 8 In Finals	54
55	13-14	500 Freestyle	56
<i>In Finals, there will be a 10 minute break after event 56 and before event 63.</i>			

63	14&U	400 Medley Relay (Finals Session)	64
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SUNDAY			
<i>Prelims: Warm-ups TBD based on Team Assignments. Meet starts at 9:00 a.m.</i>			
<i>Finals: Warm-ups TBD based on Team Assignments. Meet starts at 5:00 p.m.</i>			
67	10&U	200 Individual Medley (TF)	68
69	11-12	200 Individual Medley	70
71	13-14	200 Individual Medley	72
73	10&U	100 Breaststroke	74
75	11-12	100 Breaststroke	76
77	13-14	100 Breaststroke	78
79	10&U	50 Backstroke	80
81	11-12	50 Backstroke	82
83	13-14	200 Backstroke	84
85	10&U	50 Freestyle	86
87	11-12	50 Freestyle	88
89	13-14	50 Freestyle	90
<i>The top 4 female and male participants in the 1000Y Free will compete together in a single heat to be contested at the beginning of Sunday Finals. All other heats will be conducted fastest to slowest at the conclusion of Prelims.</i>			
<i>In Prelims, there will be a 10 minute break after event 90 and before the start of event 65.</i>			
65	14&U	1000 Freestyle (TF)	66