



NU WAVE "Summer LC Open"

Senior Prelim/Final & 12&U TF

June 7-9, 2019

- Sanction:** Held under the sanction of USA Swimming and Louisiana Swimming Inc. #2019-
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 the event.
- Location:** UNO Lakefront Arena
6801 Franklin Ave, New Orleans, LA 70122
- Facility:** Indoor, Heated, 8 lane 50 meter pool with non-turbulent lane ropes. Pool depth: 16 feet in deep end, 4 feet in shallow end. A separate warm up area is available in the outdoor 25 yard pool. The competitive course has been certified in accordance with USA Swimming Technical Rule 104.2.2C(4).
- Timing:** Colorado automatic timing system with touch pads will be the primary system. Secondary system will be manual / electronic with 1 button and 1 digital watch per lane.
- Meet Director:** Angele Thionville: athionville@cox.net
- Meet Referee:** Tony Zhang: hzhang70@gmail.com
- Rules:**
- > Current 2019 USA Swimming rules will govern the procedure of this meet. The Meet Referee has final authority on the conduct of the meet.
 - Deck entries will be allowed at the discretion of the Meet Director and the approval of the Meet Referee, and permitted for swimmers who are currently entered in the meet. No additional heats will be created to accommodate additional swims, and events will not be reseeded.
 - Coaches are required to monitor their swimmers during warm-ups, competition and warm-down. During warm-ups, swimmers are required to enter the water feet first.
 - 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. In accordance to Safe Sports best practices, photography will not be allowed behind the starting blocks.
 - All coaches and officials 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 coach credential display and/or deny deck access if coach does not comply or card is no longer valid or current.

- Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- All meet directors, referees, starters and stroke judges, serving in an official capacity must be members of USA Swimming.
- The competition course will use 7-8 lanes for all sessions. Lane 8 may be reserved for warm-up/warm-down. Swimmers will be asked to enter the WU/WD lane at the shallow end of the pool.
- Flyover Starts: Swimmers should remain in the pool after completing their race until the next race has begun, then quickly exit the pool.
- All events will start from the deep end of the pool.
- 11-12 swimmers interested in entering the 11-14 P/F events must have achieved an 11-12 National "BB" time in LCM to be eligible.
- The Open 800M/1500M Free will be conducted as a timed final event. Any 14&U swimmer who wishes to compete in these events must have achieved a 13-14 National "BB" time in LCM to be eligible.
- 12&U swimmers competing in the Timed Finals sessions must have achieved at least a 10&U "B" standard in order to enter events 100M and longer.
- All 11-14 P/F events will qualify the Top 16 preliminary finishers to the Finals.
- 15&O P/F events conducted as 50M or 100M plus the 200 Free and 200 IM will qualify the Top 24 preliminary finishers into the Finals, while all other 15&O P/F events conducted as 200M-400M will qualify the Top 16 preliminary finishers into the Finals.

Warm-ups:

- The 3-point entry into the water will be strictly enforced.
- Coaches will be responsible for the conduct and safety of their swimmers.
- **Article 202.3.2:** At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.
- All swimmers at the meet without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision.
- Official warm-ups times/assignments will be sent to each team by Tuesday, June 4, 2019.

Timers: Teams will be assigned timing assignments by Tuesday, June 4, 2019. Visiting teams will be notified via email and the assignments will be posted to the Nu Wave website (www.nolaswimming.com).

800/1500M: Swimmers competing in the Open 800M/1500M Free must provide their own timers and counters. These events will be conducted fastest to slowest, alternating 800/1500 heats.

Eligibility: Open to all swimmers holding a 2019 USA Swimming membership card. Age as of June 7, 2019 will determine a swimmer's age for the meet. Any swimmer that appears on the Louisiana Swimming exceptions report without registration must come to the meet prepared to show their card. The exception report will be sent on Tuesday, June 4, 2019. NO deck registrations will be accepted on the day of the meet.

Entries > Swimmers competing in the P/F sessions are allowed to compete in up to 3 individual events and 1 relay per day with a maximum of 7 individual swims for the meet.

- Swimmers competing exclusively in the TF sessions are allowed to enter up to 4 individual events per day with a total of 7 individual swims for the meet.
- Any swimmer competing in both a P/F and TF session on any day are subject to the entry limitations of the P/F format listed above.
- Estimated times are encouraged for all events and required for events 200 meters and longer, and where qualifying times will be enforced.

- This meet will be limited on a first come, first served basis as to not have any session run over the USAS recommended 4-hour rule.

Please email entries via Team Manager or Team Unify files to the Entry Chair.

The entry deadline is Wednesday, May 29, 2019 by 7:00 pm.

Entries will be accepted in order of delivery.

Entry Fees: \$3.50* per individual entry, \$8.00 per relay entry and \$20.00 athlete registration fee (which includes the \$7 Louisiana Swimming surcharge and digital heat sheet for prelims, timed finals and finals sessions).
**Swimmers entering a prelim/final event will be charged an additional processing fee of \$1.50 per individual splash. Late entries will be accepted at the discretion of the meet director and will cost \$10.00 per individual event/\$10 per relay. No new heats will be created to accommodate late entries.*

Make checks payable to: **Swim New Orleans**, 109 Glenwood Ave, Harahan, LA 70123.

Entry Chair: Ross Hedrick- nuwaveswimclub@gmail.com

Heat Sheets: Digital heat sheets will be posted to the Nu Wave Swim Club website (www.nolaswimming.com) on Wednesday, June 5, 2019. Heat sheets for each Finals session will be made available to coaches and attendees at the start of each Finals session.

Scratch Rule: Swimmers will have 30 minutes after the announcements of preliminary event results to declare their intent to scratch.

Any finalist who fails to compete at finals, consolation finals or a 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 until a \$20 "failure to swim" fee is paid to the Meet Director. This fee is applicable per offense.

Alternates for the Finals sessions wishing to swim in an open lane must report to the Meet Referee located at the starting area prepared to step on the block for the swim when the swimmers are called to the blocks. The Meet Referee will instruct the Announcer to call for the alternates as needed.

Disability: 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.

LSI Exceptions: Any USAS/LSI registration errors must be corrected by Wednesday, June 5, 2019 through the entry chair. Teams will be notified via email regarding registration errors.

Awards: Top 16 individual finishers in the 12&U, 11-14, 15&O and Open events will receive ribbons. Age groups will not be divided when placed for awards (example: a 12 year-old swimmer competing in a 11-14 event will be awarded with all swimmers in that event). Relays will not be awarded.

Scoring: Top 16 Individual places will be scored for all events: 20-18-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
Top 8 Relay places will be scored: 30-24-20-16-12-8-4-2.

Concessions: Provided by UNO Lakefront Arena, or Nu Wave Swim Club.

Hospitality: Coaches and officials will be provided hospitality in the room behind the starting area of the deep end. Timers will have drinks brought out throughout each session.

Meet Schedule: ****All times are approximate and will be finalized after the entry deadline.****

All Morning (Prelims) Sessions: Friday-Sunday

Warm-up 8:00-8:50 am

Meet 9:00 am

Friday Distance Session

Warm-up: 30 minute session, beginning at the conclusion of the morning prelims final heat.

Meet: 35 minutes after the conclusion of the morning prelims final heat.

Timed Finals (12&U) Sessions: Saturday-Sunday

Warm-up 12:30-12:55 pm (or approximately 5 minutes after the conclusion of the prelims);

Sunday (approximate) 12:00-12:25 pm.

Meet: 1:00 pm (or approximately 35 minutes after the conclusion of the prelims);

Sunday (approximate) 12:30 pm.

All Evening (Finals) Sessions: Friday-Sunday

Warm-up 4:30-5:20 pm (or approximately 10 minutes after the conclusion of the TF sessions);

Sunday (approximate) 4:00-4:50 pm.

Meet 5:30 pm; Sunday (approximate) 5:00 pm.

****All times are approximate and will be finalized after the entry deadline.****