

2022 LAB Championship Invitational with 8 and Under Info
Robicheaux Center- Lafayette, La
March 12th and 13th 2022

**The LAB meet is not to qualify for the state meet. It is for swimmers with NO state times for their end of the season Champs-- it is like a B Championships. The 8 and under meet is for any 8 and under swimmer to have their 8 and under Champs! The 8 and under swimmer will swim in the 13 and over session on Saturday afternoon.

CONDITION OF SANCTION

As a condition of this sanction, COLA agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, Louisiana Swimming, the State of Louisiana, local jurisdictions, and the COLA guidelines.

ASSUMPTION OF RISK DISCLAIMER

COLA has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID- 19.

COVID-19 RELEASE

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN,

FORESEEN OR UNSEEN, IN CONNECTION THEREWITH.

COLA COVID 19 MEET PLAN

FACE COVERINGS

All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) must wear face coverings and comply with mandated social distancing(6ft)and mass gathering rules.

ENTRY & EXIT

PROCEDURES

Please enter & exit through the side double doors. All people entering the building must be wearing a mask.

SWIMMER Guidelines

We will comply with current guidelines and regulations listed on the Louisiana Open Safely Site set forth by the State Fire Marshall and Governor's Office- Currently there is no restriction on swimmers per lane for warm-up. There is a mask mandate for indoor gatherings in effect.

SPECTATOR LIMITATIONS

Live stream of the meet will be available on COLA's YouTube page. Parents will be able to enter the building (while wearing a mask) to spectate on a rotating basis. A parent-viewing area will be provided on deck, but parents will need to vacate the building when their child(ren) are not racing. If this policy becomes too difficult to enforce, viewing will be limited to livestream only.

TECHNICAL SUIT BAN for 12&Us

Per LSI Rule 210.2, 12 & Under athletes may not compete in Tech Suits at this meet.

Sponsored by: City of Lafayette Aquatics

Sanctioned by: Louisiana Swimming, Inc., Sanction #
Held under the sanction of USA Swimming

Director: Sarah Landreneau

Referee: Bobbie Jo Raggio

Location: Robicheaux Center- 1919 Eraste Landry Lafayette, Louisiana 70506

Date and Time:

*Depending on Entries we may go to one session each day.
Saturday, March 12th
12 and Under Session

Warm-ups: 9:30am

Meet: 10:30 a.m.

13 and Over Session and 8 and Under Session

Warm-ups 1:00

Meet Starts 2:00

Sunday, March 13th

12 and Under Session

Warm-ups: 8:00am

Meet: 9:00 a.m

13 and Over Session

Warm-ups 12:00

Meet Starts 1:00

Facilities:

Indoor, 25 yard, eight lane pool with Kiefer non-turbulent lane ropes

Water Depth: Starting at 4 ft going to 6 ft

The competition course has been certified in accordance with 104.2.2C(4).

The copy of such certification is on file with USA Swimming.

Timing:

Colorado 5000 system with Infinity Starter, with one button, touchpads, and stopwatch backups.

Rules:

Conduct of this sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming and Louisiana Swimming.

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. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

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 the compliance with this requirement.

All meet directors, referees, starters, and stroke and turn judges, serving in an official capacity must be members of USA Swimming.

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 the coach does not comply or his/her card is no longer valid/current.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

MAAPP:

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Safe Sport:

The LSI Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet who is unaccompanied by a USA Swimming member coach 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer’s guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials, and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

Eligibility: No entrant will be permitted to compete unless the entrant is a member of USA Swimming as provided in Article 302.

Limit of Events: 9 and Over Swimmers will be limited to swimming three events per day. 9 and over swimmers cannot enter this meet if they have a state time!!!! 8 and under swimmers can enter 4 events during the Saturday afternoon 8 and under session.

Entries: All entries must be sent to colaswim@yahoo.com by Monday, March 7th so we can determine sessions.

Entry Fees:

- *Individual events: \$3.50 each
- *Swimmer Surcharge:\$15.00 per swimmer
- **\$8 of this is LASwimming Surcharge and \$7 is a facility fee.
- *Relays: \$8.00 per relay

Awards: Swimmers finishing 1st-8th in each event place will receive awards.

Format: All events will be swum as listed below, but will be scored and heated in age groups: 8 & under, 9-10, 11-12, 13-14, and 15-18.

HOSPITALITY/ CONCESSIONS

We will provide hospitality and concessions.

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and Louisiana Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules

during this meet.

COLA, Louisiana Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or LSI website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

Order of Events

Saturday Am Session		
Event Number (Girls)	Distance/Stroke	Event Number (Boys)
1	12 and Under 200 IM	2
3	12 and Under 100 Freestyle	4
5	12 and Under 50 Backstroke	6
7	12 and Under 100 Breaststroke	8
9	12 and Under 200 Freestyle	10
11	12 and Under 100 Fly	12
13	12 and Under 50 Freestyle	14
15	12 & under 200 Free Relay	16
Saturday PM- 13 and Over and 8 and Under		
Event Number (Girls)	Distance/Stroke	Event Number (Boys)
17	13 and over 200 IM	18
19	8 and Under 100 IM	20
21	13 and Over 100 Freestyle	22
23	8 and Under 25 Free	24
25	13 and Over 100 Breaststroke	26
27	8 and Under 25 Breaststroke	28
29	13 and Over 200 Freestyle	30
31	8 and Under 50 Free	32
33	13 and Over 100 Fly	34
35	8 and Under 25 Fly	36
37	13 and Over 50 Free	38
39	8 and Under 25 back	40

41	13 and over 200 Back	42
43	8 and under 100 Freestyle Relay	44
45	13 & over 200 Free Relay	46

Sunday Am 12 and Unders

47	12 and Under 500 Freestyle	48
49	12 and Under 50 Breaststroke	50
51	12 and Under 100 IM	52
53	12 and Under 100 Backstroke	54
55	12 and Under 50 Butterfly	56
57	12 & under 200 Medley Relay	58

Sunday PM 13 and Over

59	13 and Over 500 Freestyle	60
61	13 and Over 200 Butterfly	62
63	13 and Over 200 Breaststroke	64
65	13 and Over 100 Backstroke	66
67	13 and Over 50 Freestyle	68
69	13 & Over 200 Medley Relay	70