

# 2024 LA Tiger Aquatics Tristan Vessel Invitational

Hosted by Tiger Aquatics

**May 31 – June 2, 2024**

Held at the LSU Natatorium

## MEET ADMINISTRATION

Meet Referee – Andrew Wilkinson, [mr\\_monkey\\_man\\_23@yahoo.com](mailto:mr_monkey_man_23@yahoo.com)

Meet Director – Rocky Smith, [rocky@swimtaq.com](mailto:rocky@swimtaq.com)

## MEET FORMAT

This is a timed final meet for ages 12&Under.

This is a prelim/final event for 13&Over age group events (200s, 100s, 50s).

Timed Final Events for 13&Over 400Free, 400IM, 800 Free, 1500 Free.

Top 8 13&Over 400 Free & 400 IM will swim in the Finals session only.

13&Over 800 Free & 1500 Free will be MIXED Events, will swim at the end of Sunday's prelim session, and will alternate 800 Free /1500 Free Fastest to Slowest.

## FACILITIES:

L.S.U Natatorium, site of the 1985 National Sports Festival. Indoor 50-meter pool at a constant depth of 7 feet with Non-Turbulent lane lines. Paragon starting blocks. Daktronics Timing System with 8-lane Daktronics electronic scoreboard. A six-lane 25-yard warm-up/warm-down pool is next to the 50-meter pool. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

## FACILITY RULES

NO SMOKING IS PERMITTED IN THE POOL AREA.

NO GLASS CONTAINERS ON DECK.

## PARENTAL ACCESS FOR SAFE SPORT

In case of an emergency, parents should see the meet referee.

## MEET SCHEDULE

**\*\*Meet Schedule will be confirmed the week of the meet\*\***

Sessions	Day	Warm-up Times	Meet Start Time	Age Group
1	Friday 5/31	8:00-8:50am	9:00am	13&Over Prelims
2	Friday 5/31	11:00-12:00pm	12:10pm	12&Under
3	Friday 5/31	4:00-4:50pm	5:00pm	13&Over Finals
4	Saturday 6/1	7:30-8:20am	8:30am	13&Over Prelims
5	Saturday 6/1	1:00-2:00pm	2:10pm	12&Under
6	Saturday 6/1	4:00-4:50pm	5:00pm	13&Over Finals
7	Sunday 6/2	7:30-8:20am	8:30am	13&Over Prelims
8	Sunday 6/2	1:00-2:00pm	2:10pm	12&Under
9	Sunday 6/2	4:00-4:50pm	5:00pm	13&Over Finals

**\*\*\*ALL sessions are subject to change depending on the size of each session and their timelines \*\*\***

**TECHNICAL  
SUIT BAN  
for 12&Us**

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

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

**MAAPP**

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection 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.

**ELIGIBILITY**

All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. Entries listed as “Registration Applied For” will not be accepted. There will be no on deck registration available at this meet. **A swimmer’s age as of May 31, 2024 determines their age for the entire meet.**

**MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS**

Tiger Aquatics welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit Tiger Aquatics’ ability to accommodate all requests.

**ENTRIES**

Team entries must be received by the deadline. **The entry deadline is Friday, May 24, 2024 at 11:59pm. Email entries to Rocky Smith, [rocky@swimtaq.com](mailto:rocky@swimtaq.com).** A swimmer’s age on the first day of the meet, Friday, May 31) will determine their age for the entire meet. Swimmers will be entered on a first-come-first-served basis, due to athlete number limitations. Meet management has the right to limit the number of athletes in order to comply with Louisiana Swimming, Inc.’s four-hour rule. Meet Management has the right to adjust warmup and meet start times prior to the meet. Meet management reserves the right to reassign events/age groups to different courses. The order of events shall not be changed, but at the discretion of the meet management, breaks may be added.

**ENTRY LIMITATIONS**

Swimmers may swim a maximum of 12 individual events; 4 per session.

**ENTRY DEADLINES**

Entries must be received by **Friday, May 24. Email entries to Rocky Smith, [rocky@swimtaq.com](mailto:rocky@swimtaq.com).** Scratches and adjustments will be allowed prior to the 1<sup>st</sup> day of the meet.

**ENTRY FEES – Make checks payable to Tiger Aquatics. Checks must be received prior to the start of warmup on May 31, 2024.**

<b>All fees are non-refundable</b>	
Individual Event	\$5.00 per event
LA Swimming Surcharge	\$8.00 per swimmer
Facility Surcharge	\$5.00 per swimmer
Heat Sheet	\$3.50 heat sheet

**SEEDING**

The conforming time standard for this meet is long course meters. Swimmers will be seeded and swim slowest to fastest. Distance events will be seeded fastest to slowest.

**SCRATCHES**

There will be no penalty for scratching pre-seeded events at the block. Swimmers who NO SHOW a finals event will be penalized. The penalty is disqualified from their next event. Swimmers will not be kicked out of the meet for missing a finals event.

**SCORING &  
AWARDS**

This is a scored event for 12&Unders only. There will be high point awards given for 11-12 Girls & Boys and 10&Under Girls & Boys. No ribbons will be given at this meet.

**RESULTS**

Meet results will be live on Meet Mobile throughout the meet. Meet results will also be posted on swimtaq.com at the conclusion of the meet.

**COACHES &  
OFFICIALS**

All coaches & officials on deck MUST be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. Other Meetings may be held at the meet referee's discretion (listed in the Deadline and Meeting Summary).

**OFFICIALS/  
TIMERS/  
VOLUNTEERS**

There will be a need for officials. Tiger Aquatics welcomes and encourages anyone willing to volunteer. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet / session. There will be an officials' meeting at each meet session. A virtual meeting may be held prior to the meet / session at the referee's discretion, and all assigned officials are strongly encouraged to complete an individual personal review of applicable USAS rules for their assigned position prior to the meet. Officials should report to their assigned position 10 minutes before session start, and bring a mask, your personal water bottle, and a writing utensil.

**HOSPITALITY/  
CONCESSIONS**

Concessions will be sold at the meet. Hospitality will be available for coaches and officials.

**WARM-UP**

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries.

**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. Tiger Aquatics, 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

#### Session 1 – LSU Natatorium – Friday May 31, 2024

**Warm-up: 8:00-8:50am; Meet Start: 9:00am**

GIRLS EVENT #	AGE GROUP	EVENT	BOYS EVENT #
1	13-14	200 FREE	2
3	15 & Over	200 FREE	4
5	13-14	50 BACK	6
7	15 & Over	50 BACK	8
9	13-14	100 BREAST	10
11	15 & Over	100 BREAST	12
13	13-14	100 FLY	14
15	15 & Over	100 FLY	16
		10-Minute break	
17	13& Over	400 IM	18

- Positive check in for 13 & Over 400 IM by 8:50am.
- 400 IM will be swum FASTEST to SLOWEST.
- **TOP 8 of events Girls & Boys 400 IM will compete in finals.**
- There will be a 10-minute break AFTER 100 Fly, prior to 400 IM in prelims. There will not be a 10-minute break in finals.
- Swimmers must provide their own timer (1) for the 400 IM in prelims only. Timers will remain in their seats for finals.

#### Session 2 – LSU Natatorium – Friday May 31, 2024

**Warm Up 11:00am-12:00pm; Meet Start 12:10pm**

GIRLS EVENT #	AGE GROUP	EVENT	BOYS EVENT#
19	10&Under	200 Free	20
21	11 &12	200 Free	22
23	10&Under	200 IM	24
25	11-12	200 IM	26
27	10-12	Mixed 800 Free	
	10-12	Mixed 1500	28

- Check in for Mixed 800 Free & Mixed 1500 Free by 12:00pm.
- Swimmers must supply their own timer (1), and counter for 800 Free & 1500 Free.
- 10 -12-year-old Mixed 800 Free & Mixed 1500 will alternate 800 / 1500

#### Session 3 – LSU Natatorium – Friday May 31, 2024

**Warm-Up 4:00-4:50pm; Meet Start 5:00pm**

**Session 4 – LSU Natatorium – Saturday June 1, 2024**

**Warm-up: 7:30-8:20am; Meet Start: 8:30am**

GIRLS EVENT #	AGE GROUP	EVENT	BOYS EVENT #
29	13 & 14	50 BREAST	30
31	15 & Over	50 BREAST	32
33	13 & 14	200 FLY	34
35	15 & Over	200 FLY	36
37	13 & 14	100 BACK	38
39	15 & Over	100 BACK	40
41	13 & 14	50 FREE	42
43	15 & Over	50 FREE	44
45	13 & 14	200 BREAST	46
47	15 & Over	200 BREAST	48
		10-Minute break	
49	13 & Over	400 FREE	50

- Positive check in for 13 & Over 400 Free by 8:50am.
- The 400 Free will be swum FASTEST to SLOWEST.
- **TOP 8 of 400 Free will compete in finals.**
- Swimmers must provide their own timer (1) for the 400 Freestyle in prelims. Timers will remain in their seats for finals.
- There will be a 10-minute break AFTER 15 & Over 200 Breast, prior to 13 & Over 400 Free.

**Session 5 – LSU Natatorium – Saturday June 1, 2024**

**Warm-up: 1:00-2:00pm; Meet Start: 2:10pm**

GIRLS EVENT #	AGE GROUP	EVENT	BOYS EVENT #
51	10 & under	50 FREE	52
53	11 & 12	50 FREE	54
55	10 & under	100 BACK	56
57	11 & 12	100 BACK	58
59	10 & under	100 BREAST	60
61	11 & 12	100 BREAST	62
63	10 & under	50 FLY	64
65	11 & 12	50 FLY	66
		10-Minute break	
67/68	12 & Under	Mixed 400 Free	

- Positive check in for 12 & Under Mixed 400 Free by 2:00am.
- 12 & Under 400 Free will be swum FASTEST to SLOWEST.



- Swimmers must provide their own timer (1) for the 400 Freestyle.
- There will be a 10-minute break after 11 & 12 50 Fly prior to 13 & Over 400 Free.

**Session 6 – LSU Natatorium – Saturday June 1, 2024**

**Warm-up: 4:00-4:50pm; Meet Start 5:00pm**

**Session 7 – LSU Natatorium – Sunday June 2, 2024**

**Warm-up: 7:30-8:20am; Meet Start: 8:30am**

GIRLS EVENT #	AGE GROUP	EVENT	BOYS EVENT #
69	13 & 14	200 IM	70
71	15 & Over	200 IM	72
73	13 & 14	100 FREE	74
75	15 & Over	100 FREE	76
77	13 & 14	200 BACK	78
79	15 & Over	200 BACK	80
81	13 & 14	50 FLY	82
83	15 & Over	50 FLY	84
		10-Minute break	
85	13&Over	Mixed 800	
	13&Over	Mixed 1500	86

- Positive check in for Mixed 800 Free & Mixed 1500 Free by 8:50am.
- Mixed 800 Free and Mixed 1500 Free swum FASTEST to SLOWEST
- Mixed 800 Free and Mixed 1500 Free will alternate 800, 1500.
- Swimmers must provide their own timer (1) and counter (1) for the Mixed 1500 Freestyle & Mixed 800 Freestyle.
- There will be a 10-minute break AFTER 15 & Over 50 Fly, before te first heat of the Mixed 800 Free.

**Session 8 – LSU Natatorium – Sunday June 2, 2024**

**Warm-up: 1:00-2:00pm; Meet Start: 2:10pm**

GIRLS EVENT #	AGE GROUP	EVENT	BOYS EVENT #
87	10 & under	100 FREE	88
89	11 & 12	100 FREE	90
91	10 & under	50 BACK	92
93	11 & 12	50 BACK	94
95	10 & under	50 BREAST	96
97	11 & 12	50 BREAST	98
99	10 & under	100 FLY	100
101	11 & 12	100 FLY	102
		10-Minute break	
103/104	12 & Under	Mixed 400 IM	

- Positive check in for 12 & Under Mixed 400 IM by 2:00am.
- 12 & Under Mixed 400 IM will be swum FASTEST to SLOWEST.
- Swimmers must provide their own timer (1) for the 400 IM
- There will be a 10-minute break AFTER 11 & 12 100 FLY prior to 12 & Under 400 IM.

**Session 9 – LSU Natatorium – Sunday June 2, 2024**

**Warm-up: 4:00-4:50pm; Meet Start: 5:00pm**