



Crawfish Aquatics

2025 LA Long Course Invitational

Crawfish Aquatics Pool, Baton Rouge, LA

May 16-18, 2025

Meet Sanction and Host Team

This meet is sanctioned by Louisiana Swimming, Inc., Sanction #2025-05-01
Crawfish Aquatics, LLC Meet Host

Meet Administration

Don Webb	Meet Referee
Chris Mahler	Administrator Official
OJ Mesina	Meet Director, meets@crawfishaquatics.com
Daniel Zielinski	Safety Marshal

Meet Schedule

*****Schedule will be confirmed the week of the meet...subject to change*****

Session 1	Friday,	warm-up: 4:00-4:30pm; 4:35-5:05pm	meet: 5:15pm
Session 2	Saturday, 13 & Older	warm-up: 7:20-7:50am; 7:55-8:25am	meet: 8:35am
Session 3	Saturday, 12 & Under	warm-up: 12:30-12:55pm, 1:00-1:25pm	meet: 1:35pm.
Session 4	Sunday, 13 & Older	warm-up: 7:20-7:50am; 7:55-8:25am	meet: 8:35am
Session 5	Sunday, 12 & Under	warm-up: 12:30-12:55pm, 1:00-1:25pm	meet: 1:35pm.

Facilities

- Crawfish Aquatics, located inside Ketcham Health & Fitness Bldg., campus of Jimmy Swaggart Ministries, 7150 Bluebonnet Boulevard, Baton Rouge, La. 70810
- Parking is located adjacent to the pool and on the side of the building.
- Indoor, heated, eight-lane 50 meter pool with moveable bulkhead (set to 50 meter course). Non- turbulent lane ropes, lane width seven feet.
- Separate warm-up/warm-down area available.
- Colorado Gen7 electronic timing system with Infinity starter, touch pads with button and stopwatch backup.

Parking

Crawfish Aquatics parking lot is located off of Anselmo Lane. Do not park in the Ketcham Fitness lot off of Bluebonnet! From Bluebonnet, turn on Anselmo and follow it past the Fidelity Bank. Turn left at the first paved road, Crawfish Aquatics sign. Continue 1/4 mile, the pool is in the first building on the left.

Rules and Meet Regulations

- Current USA Swimming technical and administrative Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.
- 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.
- "Swimmers with a disability as described in the USA Swimming Technical Rules, Article105, shall be permitted to enter any meet sanctioned by Louisiana Swimming Inc."
- Coaches and officials (meet directors, referees, starters, and stroke and turn judges) are required to show proof of USA Swimming membership. 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.

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

-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 injury to anyone during the conduct of the event.

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

-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. Exceptions may be granted with prior written approval by the Crawfish Aquatics Meet Director.

-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.

-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.

Pool Measurement and Depth

The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

The water depth as measured for 1 meter from the wall to 5 meters from the wall is as follows:

Start End: 13'

Turn End: 13'

Eligibility

-The meet is open to USA Swimming-registered swimmers and the entrant must be a USA Swimming member as provided in Article 302.

-Swimmer's age as of May 16, 2025 determines age for the meet.

-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.

Entries- Each swimmer may enter a maximum of:

Friday, Session 1- 2 individual events

Saturday & Sunday- 3 individual events per day

Entry Deadline

-Email entries to meets@crawfishaquatics.com

-This meet will be limited to 450 swimmers.

-Entries are accepted on a first come basis and entry file is required to reserve a spot in the meet. Once the entry limit is reached the meet will be closed.

-All meet entries are due by Thursday, May 8, 2025.

-Deck entries will be accepted at the discretion of the Meet Director and the fee is \$10 per event payable at the time of entry. Surcharge and Facility Charges will apply if the athlete is not already in the meet. This includes ANY changes from one event to another during the meet.

Entry Fees \$4.00 per event
 \$8.00 LA Swimming swimmer surcharge,
 \$8.00 facility charge (includes digital heat sheet)
 *Fees payable to **Crawfish Aquatics***

Conduct

- All events are mixed gender for seeding.
- All Friday events will be seeded fastest to slowest and require sign in.
- Friday events will be limited entries: 10 heats of each event.
- Scratches: There will be no penalty for scratching pre-seeded events at the block.

Meet Management Discretion

- Fly Over Starts: may be used for some sessions

Meet Program

The meet program ("heat sheet") will be posted online (www.crawfishaquatics.com) and through the Meet Mobile app the Thursday prior to the meet. Coaches will be provided with complimentary meet programs, however there will not be any meet program sales at the event.

Scoring

- No scoring to take place for this meet.

Awards

- No awards will be presented.

Timing Assignments

- Each team will provide timers in proportion to meet entries in a session.
- 400 meter events are provide your own timer events.
- Timers will report 10 minutes prior to the start of each session.

Meet Marshals

-For Sessions with 250 athletes or less, there is to be a minimum of 1 (one) meet marshal for that session. If there are over 250 athletes in a session, then a minimum of 2 (two) meet marshals will be required in a session (preferable one of each gender).

Warm-up & Procedures

- Lane assignments to be announced prior to the start of warm-up.
- USA Swimming rules require that all warm-ups must be closely supervised by a certified USA Swimming coach or team representative. The Meet Referee shall assist the athlete in making arrangements for such supervision.

Deck Changing:

Changing into or out of swimsuits other than in locker rooms or other designated areas is not permitted.

LASI Alcohol Policy

Alcoholic beverages and the recognition of alcohol sponsors are prohibited in all areas of the venue. Any athlete, coach, volunteer, staff, or spectator found to be in possession of alcohol at a Louisiana Swimming sanctioned event will be barred from the venue for the remainder of the day by the meet director and/or meet referee, or their designee.

Hotel Accommodations for Traveling Participants

See website for booking information and rates: <http://www.crawfishaquatics.com>.

ORDER OF EVENTS

Friday- Session 1			
Mixed	Event Schedule		
1	12 & U 200 IM		
2	13 & O 400 IM		
3	12 & U 200 Free		
4	13 & O 400 Free		
Saturday			
<u>13 & Older- Session 2</u>		<u>12 and Under- Session 3</u>	
Mixed	Event Schedule	Mixed	Event Schedule
5	200 IM	10	200 Fly
6	100 Back	11	100 Free
7	200 Fly	12	50 Breast
8	200 Breast	13	50 Fly
9	100 Free	14	100 Back
		15	200 Breast
Sunday			
<u>13 & Over- Session 4</u>		<u>12 and Under- Session 5</u>	
Mixed	Event Schedule	Mixed	Event Schedule
16	200 Free	21	200 Back
17	100 Fly	22	100 Fly
18	200 Back	23	50 Free
19	100 Breast	24	50 Back
20	50 Free	25	100 Breast
		26	400 Free
		27	400 IM

Post Meet

- Full Results and Scores will be posted online following the meet
- Results will be posted to Meet Mobile during the meet (as frequently as possible)
- All shared equipment (i.e. chairs, watches, clipboards, official's equipment), locker rooms & portable toilets will be sanitized)

Additional Items

- Concessions will be provided - please plan accordingly
- Restrooms
 - Portable Toilets are outside and available for usage
 - Athlete and a separate Spectator Locker Room will be available

PARENTAL ACCESS FOR SAFE SPORT

Parents are allowed to be at the competition as spectators, meet administration, timers and officials and all safe sport rules documented later are applicable.

Safe Sport

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members.

Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after [insert first date of the actual competition], who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until 4 such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after [insert same date], who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

**2025 Crawfish Long Course Invitational
Summary Of Fees and Release Form**

Complete and email or mail this form along with entry fees to (checks payable to Crawfish Aquatics):

Crawfish Aquatics
ATTN: OJ Mesina
10522 S. Glenstone Place
Baton Rouge, LA, 70810
Email to: crawfishmeets@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$4.00 per event	
Relay Entries		N/A	
Swimmers (LA Swimming & Facility Surcharge)		\$16.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Louisiana Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Crawfish Aquatics, Crawfish Aquatics Pool, 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. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE