



# LA 2024 Crawfish Winter Invitational

## Crawfish Aquatics Pool, Baton Rouge

### January 26-28, 2024

#### **Meet Sanction and Host Team**

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

#### **Meet Administration**

Erik Cooper                      Meet Referee  
O.J. Mesina                      Meet Director, [meets@crawfishaquatics.com](mailto:meets@crawfishaquatics.com)

#### **Meet Schedule**

##### **Friday:**

Session 1, Warm up: 4:30pm. Meet Begins 5:15pm.

##### **Saturday & Sunday:**

Session 2 & 5, 15 & Older: Warm Up 7:00-7:25am Crawfish. 7:30-7:55am Other Teams Meet Begins 8:05am

Session 3 & 6, 10 & U: Warm Up 10:15-10:40am. Meet Begins 10:50am.

Session 4 & 7, 11-14: Warm Up 12:30-12:55pm Crawfish. 1:00-1:25pm Other Teams. Meet Begins 1:35pm.

#### **Facilities**

-Crawfish Aquatics, located inside Ketcham Health & Fitness Bldg., campus of Jimmy Swaggart Ministries,  
**7150 Bluebonnet Boulevard, Baton Rouge, La. 70810**

-Indoor, heated, eight-lane 25 yard pool. Non- turbulent lane ropes, lane width seven feet

-Separate warm-up/warm-down area available.

-Colorado 6000 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 Capital One 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.

#### **COVID 19/ Facility & Meet Guidelines**

All local guidance and health protocols including, but not limited to gathering limits, sanitization processes, and social distancing will be followed to safely conduct this competition. As guidelines change frequently, we will publish final competition/facility guidelines for the event 5 days prior to the meet.

#### **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 the coach does not comply or the 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 times athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Crawfish Aquatics Meet Director.

### **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: 4'

### **Eligibility**

-The meet is open to invited USA Swimming-registered swimmers.

-Swimmer's age as of January 26, 2024 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.

### **Conduct**

-All events are timed final events, swum slowest to fastest. Meet Management reserves the right to combine female/male events.

-Event Limit- 3 Individual Per Session.

### **Entry Deadline**

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

-All meet entries are due by Thursday, January 18, 2024.

-Deck entries will be accepted at the discretion of the Meet Director and the fee is double and payable at the time of entry. This includes ANY changes from one event to another during the meet.

**Entry Fees**      \$4.00 per event  
                         \$8.00 LA Swimming swimmer surcharge,  
                         \$7.00 facility charge (per swimmer, includes digital heat sheet)

### **Meet Program**

The meet program ("heat sheet") will be posted online ([www.crawfishaquatics.com](http://www.crawfishaquatics.com)) and through the Meet Mobile app the Thursday prior to the meet. There will not be any meet program sales at the event.

### **Scoring**

- There is no scoring for this competition.

### **Awards**

-There are no awards.

### **Timing Assignments**

-Each team will provide timers in proportion to meet entries in a session.

-Timers will report 10 minutes prior to the start of each session.

**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.

-Current local/state guidelines for swimmers per lane and capacity will be enforced for warm ups. See additional procedures and steps in the COVID 19 Meet Plan

**Deck Changing:**

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

**ORDER OF EVENTS**

<b><u>Friday, Session 1</u></b>	
1	Mixed 12 & Under 200 IM
2	Mixed 13 & O 400 IM
3	Mixed 9-14 500 Free
4	Mixed 13 & Over 1000 Free
5	Mixed 13 & Over 1650 Free

**SATURDAY**

**SUNDAY**

<b><u>Session 2</u></b>			<b><u>Session 5</u></b>		
<b><u>Mixed</u></b>	<b><u>Event Schedule</u></b>		<b><u>Mixed</u></b>	<b><u>Event Schedule</u></b>	
6	15 & O 200 IM		35	15& O 200 Free	
7	15 & O 100 Back		36	15 & O 100 Breast	
8	15 & O 200 Breast		37	15 & O 200 Back	
9	15 & O 100 Fly		38	15 & O 200 Fly	
10	15 & O 100 Free		39	15 & O 50 Free	
			40	15 & O 500 Free	
<b><u>Session 3</u></b>			<b><u>Session 6</u></b>		
<b><u>Girls</u></b>	<b><u>Event Schedule</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Event Schedule</u></b>	<b><u>Boys</u></b>
11	10 & U 100 IM	12	41	10 & U 200 Free	42
13	10 & U 50 Breast	14	43	10 & U 100 Breast	44
15	10 & U 100 Back	16	45	10 & U 50 Back	46
17	10 & U 50 Fly	18	47	10 & U 100 Fly	48
19	10 & U 100 Free	20	49	10 & U 50 Free	50
<b><u>Session 4</u></b>			<b><u>Session 7</u></b>		
<b><u>Girls</u></b>	<b><u>Event Schedule</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>	<b><u>Event Schedule</u></b>	<b><u>Boys</u></b>
21	11-12 100 IM	22	51	11-14 200 Free	52

23	13-14 200 IM	24		53	11-14 100 Breast	54
25	11-14 100 Back	26		55	11-14 50 Back	56
27	11-14 50 Breast	28		57	11-14 200 Back	58
29	11-14 200 Breast	30		59	11-14 50 Fly	60
31	11-14 100 Fly	32		61	11-14 200 Fly	62
33	11-14 100 Free	34		63	11-14 50 Free	64

### **Condition of Sanction**

As a condition of this sanction, Crawfish Aquatics 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 Crawfish Aquatics Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period.

### **Assumption of Risk Disclaimer**

Crawfish Aquatics 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.

### **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

### **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](http://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.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

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](http://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 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.