

**2010 LOUISIANA STATE SHORT COURSE
SWIMMING CHAMPIONSHIPS
MARCH 11-14, 2010**

Sponsored by Louisiana Swimming Association

Sanctioned by Louisiana Swimming, Inc., Sanction

Meet Director Ed Kelly

Meet Referee Bruce Thomas

Location UNO Natatorium, New Orleans, LA

Date and Time Thursday, March 11 – Sunday, March 14, 2010

- A. Warm-ups for the **mixed** 1000 Freestyle events will begin at 6:00 p.m. on Thursday, March 11, 2010. There will be a single session of open warm-up of 40 minutes. Competition will begin at 7:00 p.m.

- B. All morning sessions will begin at 9:00 a.m. with warm-ups at 7:30 a.m. and 8:10 a.m. There will be two 40-minute warm-up sessions before preliminaries. The morning sessions will consist of the following:
 - 1. Preliminaries for all age groups and 19/Under events.
 - 2. All but the fastest heat of the 19/Under 1650 free plus 13-14, 15-16, and 19/Under.
 - 3. All age group relays will be swum in the morning sessions and all 19/Under relays will be swum in the afternoon sessions.

- C. Finals sessions will begin at 4:30 p.m. with **open** warm-ups at 3:30 p.m. There will be a single session warm-up of 40 minutes. Final's sessions will consist of the following:
 - 1. Consolation finals and finals for 13 and above age groups.
 - 2. Championship heat only for the 10/Unders and 11-12 age groups.
 - 3. Fastest heat of the 19/Under 400 IM, 1650, 13-14, 15-16 & 19/Under freestyle.

Facilities Indoor 50 meter pool divided into two eight-lane 25-yard pools by paddock bulkheads with non-turbulent lane lines. Electronic timing for all 16 lanes. There is one warm-up pool adjacent to the main pool. Starting blocks will be provided for both pools.

Timing Colorado automatic timing with scoreboard display will be the primary system. Secondary system will be manual – electronic with two buttons per lane. Tertiary system will be two digital watches per lane with a third watch on first place in each event.

Rules and Seeding	2010 United States Swimming Technical Rules and Code of Regulations will govern this meet.
Eligibility	<p>Swimmers must have current 2010 USA registration and have met the established qualifying times for this meet. This meet is a closed championship. Age as of March 11, 2010 will determine the swimmer's age for the entire meet.</p> <p>As voted on by the delegates, any swimmer that wins an event in the district meet with a distance of 50, 100, or 200, will automatically swim that event in the state meet with no more than three swims a day. Swimmers who change age group after district and prior to state, can still swim in their younger age group, but will be placed on the results with the older age group. Secondly, no watch time splits may be used as qualifying times for state meets.</p>
Limit of Events	Each swimmer may enter a maximum of three individual events plus relays per day, not to exceed a total of seven individual events, plus relays for the entire meet. The 400 IM, 500, 1000, and 1650 free are no longer to be used as bonus events. You must have the qualifying times to swim these events. Qualifying times made for either the 1000/1650-yard or 800/1500-meter free may be used to swim either event.
Entry Fees	Individual events: \$ 2.50 each Relay events: \$ 8.00 each
Surcharge	A \$10.00 surcharge will be assessed each individual who participates in the Championship Meet. \$5.00 will go to the LSI All Star Travel Fund, and \$5.00 will go to the host team.
Travel Fund	10% of all entry fees will be submitted to the LSI travel fund.
Scoring	<p>Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 Relay events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2</p> <p>19/Under relays must equal or better qualifying times in order to score points.</p> <p>Individual points scored in age group events are not scored toward 19/Under individual and/or team awards. Points scored in 19/Under events are scored toward age group individual and/or team awards providing that event is not offered in their respective age group.</p> <p>Age Group Team Champions: Points will be compiled for each boy/girl age group including 19/Under in order to ascertain team boy or girl age group and 19/Under champions. No awards will be given.</p>
Awards	Individual Events: Medals: 1st - 8th places Ribbons: 9th - 16th places All State Patches: 1st - 3rd places

Relay Events: Medals: 1st - 3rd places
Ribbons: 4th - 16th places
All State Patches: 1st - 3rd places

Overall Team Championship Awards: 1st - 8th places

Individual High Point Awards:

A high point award will be awarded to each outstanding boy and girl swimmer of each age group and 19/Under category who accumulates the highest number of points for each respective category.

Damon McCoy Swimmer of the Meet Award:

Presentation of this award will be made following the final event on Sunday evening.

Ray Harvard Award:

Presentation of this award will be made prior to the swimming of the 19/Under freestyle relays on Saturday evening.

Ray Brenner Award:

This award will be presented to the Outstanding LSI Coach for 2009. The winner was chosen by vote of the LSA coaches at their fall meeting and will be presented prior to the swimming of the 19/Under freestyle relays on Saturday evening.

2009 Short Course State Sportsmanship Award:

This award was initiated by the athlete representatives and issued for the first time at the 1997 Long Course State Meet and is presented at each state meet. This award has been initiated to create a more enthusiastic championship meet and some fast swimming. This award is presented to the team who demonstrates not only great spirit through team cheers, signs, etc., but also good sportsmanship. Every team has two votes to cast on Sunday evening. However, for a more varied voting range, the meet referee as well as five other randomly chosen officials will each have two votes to be counted in the final tally. The meet referee and officials often get a better glimpse of what is going on around the pool deck. Therefore, their votes are important. Meet officials will be randomly chosen just prior to Thursday night's session. Ballots will be found in your packets and should be handed in by 6:00 p.m. Sunday to the senior athlete representative.

Meet Officials

Each participating team shall provide officials or assume various responsibilities as outlined on the attached Officials Work Assignments. Teams failing to comply with these assignments will be subject to any or all of the following:

1. \$100.00 fine and still required to provide officials.
2. Expulsion from the meet with no return of entry fees.

If unable to fulfill the assigned requirements, teams must submit a statement with their entries outlining which responsibilities they can fulfill, and which they cannot fulfill. If necessary, final resolution of problems concerning these responsibilities will be made at the coordination meeting

on Thursday night. If you are unable to provide workers for your assigned positions, please notify Bruce Thomas in writing prior to the meet starting. State the reasons you will be unable to comply. Bruce Thomas, 121 Kimbro Dr., Baton Rouge, LA 70808; cell 225-954-9599; e-mail swimref@cox.net

Warm-up

A coach or a team representative who is a member of USA Swimming must supervise each lane. Diving will be allowed in the pool in the lanes where such supervision exists. Lane assignments will be posted in the heat sheet along with other instructions. It is suggested that you limit the number of swimmers that you have in the pool at any one time. A 15-minute continuous or short swim is a much better warm-up than 45 minutes of standing in the pool or hanging on the lane ropes. Remember, it is the coaches' responsibility to instruct swimmers regarding safety guidelines during warm-ups. Note that it is the host team's responsibility to furnish appropriate marshals to monitor warm-up/downs. Swimmers who fail to follow safety procedures in warm-up/down pool subject themselves to appropriate sanctions and possible dismissal from the meet.

Coaches

If required, the final coordination meeting for the remainder of the meet will be held following the completion of the 800 relays, no earlier than 8:00 p.m. If necessary, there will be a meeting of the coaches at 8:45 a.m. each day. Coaches should be ready to attend a meeting regarding the Long Course State Meet and any other appropriate business. The meeting, as directed by the LSI, will be conducted immediately following the Friday morning session. Coaches must have 2009 coach's credentials as well as their security clearance in order to be on deck during the meet.

Athlete's Rep

If necessary, there will be a meeting of all athletes at the end of preliminaries on Sunday morning.

**Official's
Recertification**

This meet has been designated for USA swimming official's recertification and possible national certification. The required briefings will be held 45 minutes in advance of each session. Official's LSC Recertification Clinic will be held between preliminary and finals on Saturday. Stroke and Turn Certification Clinic will be conducted between sessions on Sunday.

CONDUCT OF LOUISIANA STATE SHORT COURSE SWIMMING CHAMPIONSHIPS

- A. The preliminary events will be started from both ends of the pool. Boys' and girls' events will start from either the diving well end or the American flag end of the pool and may be alternated each day. Some of the mid-distance and long-distance finals events may be run using each end of the pool. This meet has been exempt from the LSI time limit rule. Based upon entries and time, finals may be run in two pools.
- B. Preliminaries will be held for the following:
- 10/Under, 11-12, 13-14, 15-16, and 19/Under individual events. The 400 IM, 500 Free, 1000 Free, and 1650 Free are timed final events with the fastest heat being swum in final session. All other heats will be swum with the preliminaries, except the 1000 Free, which will be swum on Thursday, no earlier than 7:00 p.m.
- C. Timed Finals will be held for the following:
- **11-12 500 Free and the 1000 Free (Mixed):** These events will be swum Thursday evening no earlier than 7:00 p.m. This is a **deck-seeded event**. **Swimmers must have the qualifying time to swim these events.** All scratches or confirmation and, if necessary, proof of seedtime must be reported to the clerk of course by 6:30 p.m. This event will be swum fastest to slowest. Clubs are reminded that they are to provide their own counters. Official announcements will be made 30 – 40 minutes prior to the event being swum. Final participants will then be seeded according to USA seeding rules for Timed Finals.
 - **400 IM (Mixed):** The fastest heat will be swum in the final session on Friday. All other heats will be swum fastest to slowest in the preliminary session on Friday. This is a **deck-seeded event**. **Swimmers must have the qualifying time to swim this event.** All scratches or confirmations and, if necessary, proof of seedtime must be reported to the clerk of course by 8:00 a.m. Official announcements will be made 30 - 40 minutes prior to the event being swum. Final participants will then be seeded according to USA seeding rules for Timed Finals
 - **500 Free:** The fastest heat will be swum in the final session on Saturday. All other heats will be swum fastest to slowest in preliminaries on Saturday at the end of the relays. This is a **deck-seeded event**. **Swimmers must have the qualifying time to swim this event.** Proof of seedtime must be submitted to the clerk of course by 8:00 a.m.
 - **1650 Free (Mixed):** All but the top heat will be swum 10 minutes after the conclusion of the preliminaries on Sunday. This event will be swum fastest to slowest. This is a **deck-seeded event**. **Swimmers must have the qualifying time to swim this event.** All scratches or confirmation and, if necessary, proof of seed time must be reported to the clerk of course one hour prior to the event being swum. Clubs are reminded that they are to provide their own timers and counters. Official announcements will be made 30 – 40 minutes prior to the event being swum. Participants will then be seeded according to the USA Seeding Rules for Timed Finals.

Relays:

- The age group relays will be swum in the preliminary sessions.

- All 19 and Under relays will be swum in the finals sessions.
 - Relays submitted with no times will not be accepted. Relays will be seeded by submitted times. **When reporting to the starting block, relay cards must show the names, ages, and order of swimming of competing swimmers. As directed by the LSI, the head lane timer will be instructed to prevent the relay from swimming if they do not present a properly filled out card. The head lane timer will immediately notify the head deck referee if any relay card is received in the office without the above information. The team will be fined \$25 per infraction. This is to be paid prior to swimming the next event. All fines are to be paid prior to departure on Sunday in the event the infraction transpires on Sunday evening.**
 - Remember, only swimmers appearing on team official entry blanks are eligible to swim in relays.
 - **In order to swim multiple age group relays, the composition within each age group is as follows: swimming one relay requires one individual qualifier; two relays require five qualifiers; three relays require nine qualifiers, etc.**
- D. **Championship and Consolation Finals for all age groups and 19/Under will be swum during the afternoon sessions.**
- E. Consolation Finals and Finals heats will each contain a maximum of eight swimmers. The heat sheet for final events will list two alternates. If additional alternates are required, they will be pulled sequentially from the preliminary results.
- F. Placing and point scoring shall be based on official final time.
- G. **Appropriate age groups swimming preliminaries and finals that have eight or less swimmers will automatically be placed in the finals.**
- H. Scratches:
- **The team coach must confirm all scratches and confirmations of swimmers.** If applicable, scratch forms must be submitted to the Clerk of Course by 8:30 a.m. each day for the morning sessions and during the break between sessions for the afternoon Timed Final Events. The Scratch Rule regarding confirmation of swimmers for the Consolation Finals and Finals and for deck-seeded Finals will be implemented.
- I. Qualifying Times – (See attached times)
- Qualifying times have been established in yards or meters for all age groups and 19/Under events. Respective entries must reflect yard or meter after entry times as set forth by the state qualifying times.
- J. Proof of Times:
- Participants in individual events who fail to meet the event qualifying time or whose time is challenged by a coach must furnish verification of the **seedtime** for that specific event. If unable to prove the **seedtime**, the swimmer will automatically be disqualified from that event and the remainder of the meet. **Proof of time must be made within twenty minutes of the team being called or the swimmer will be disqualified from that event and the remainder of the meet.**

- All seed times must have been achieved in a USA sanctioned or approved meet. This includes High School Championship meets that are approved meets and times being made by automatic timing systems.
 - Seed times must be verified from **Final Result Sheets** of meets held during the period covering January 1, 2009 **to the date of the 2010 Short Course State Meet**. All meet results presented as proofs of time must have the cover sheet attached showing the name of the meet, date, length of course and sanction or approved number.
- K. Eight lanes will be used to run the preliminaries and all timed final events. Eight lanes will be used in consolations and finals.
- L. Entries – Computer:
- **The Hy-Tek Meet Manager program software will be used for state entries. All LSI clubs are to submit entries by e-mail on or before the deadline date using Hy-Tek programs. Please provide a printout for proof reading.**
 - **All relays entered can be entered using the Hy-Tek team manager program. Portions of below information are still applicable for your entry information. Meet entries will not be accepted from clubs who have purchased programs and received financial reimbursement from the LSI. Teams who do not have the program, should contact me immediately after receiving your meet invitation.**
 - Relay times must be submitted for seeding purposes. Teams without times will not be accepted.
 - Entries that are submitted without times or with times that do not meet the minimum time standards will not be accepted.
 - All submitted times must be certified by signature of the coach or team representative on the Summary of Entries Form in the space provided.
- M. Fees must accompany entry forms. Make checks payable to **Louisiana Swim Association**. All entries must be received **no later than 6:00 p.m. on Wednesday, MARCH 3, 2010. No late entries will be accepted.** Once the meet has been finalized, pertinent information and Psych Sheet will be placed on the HSC web site (www.hscswim.com).

Waiver signature on Fed-X, priority mail, etc. Mail or deliver entries to the following address:

Cross Gates Athletic Club
Attn: Coach Ed Kelly
200 North Military Road
Slidell, LA 70461

Direct questions concerning entries to Ed Kelly, 985-643-6706 (home and/or fax), 504-458-3060 (cell), or e-mail hscflyer@bellsouth.net

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Club: _____ Initials: _____

Coach: _____ Phone: _____

E-Mail Address: _____

Address for Mailing Results:

Number of swimmers entered _____ x \$ 10.00 = _____
(LSI Surcharge of \$5.00; host team \$5.00)

Number of individual event entries _____ x \$ 2.50 = _____

Number of relay entries _____ x \$ 8.00 = _____

Total Fees = _____

Signature of Coach or Team Representative certifying entries:

Indicate which warm-up you would prefer. Subject to change. Attempts will be made to honor your requests.

7:30 – 8:10 a.m. _____

8:10 - 8:50 a.m. _____

Coaches must have 2010 coach's credentials to be on deck during the meet.