

**2009 LOUISIANA STATE LONG COURSE
SWIMMING CHAMPIONSHIPS
JULY 9 – 12, 2009**

Sponsored by	Louisiana Swimming Association
Sanctioned by	Louisiana Swimming, Inc., Sanction #939
Meet Director	Ed Kelly
Meet Referee	Bruce Thomas
Location	LSU Natatorium, Louisiana State University, Baton Rouge, Louisiana
Date and Time	Thursday, July 9 – Sunday, July 12, 2009 Thursday (all timed finals) Warm-ups: 4:00 p.m. - 4:40 p.m. Competition begins: 5:00 p.m. Morning and mid-afternoon sessions (timed finals, preliminaries, all age groups relays) Warm-ups: 7:00 a.m. Competition begins: 8:30 a.m. Warm-ups: 12:00 noon Competition begins: 1:00 p.m. Afternoon sessions (Consolation finals, championship finals, fastest heats of certain timed finals and all 400 Meter 19/Under Relays) Warm-ups: 4:00 p.m. - 4:40 p.m. Competition begins: 5:00 p.m.
Facilities	Indoor 50 meter pool with 8 lanes and non-turbulent lane lines with CTS electronic timing for all 8 lanes. There is a warm-up pool adjacent to the main pool.
Timing	CTS automatic timing with scoreboard displays at each end of the pool which 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	2009 United States Swimming Technical Rules and Code of Regulations will govern this meet.
Eligibility	Swimmers must have current 2009 USS registration and have met the established qualifying times for this meet. This meet is a closed championship. Age as of Thursday, July 9, 2009 will determine the swimmer's age for the entire meet. Note: 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 for state meets.

- 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, 400/800/1500 Free are no longer to be used as bonus events. You must have made the times for either the 800/1500, 1000/1650 free 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 and relay only swimmers who participates in the Championship Meet. \$5.00 will go the LSI and 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** 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
- 19/under relays must equal or better qualifying times in order to score points. 19/under relays limited to an A and B only.
- 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 unless that event is not offered in their respective age group.
- 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.**
- 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 and Team High Point Awards:**
A high point award will be awarded to each outstanding boy/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 immediately after swimming of the final event on Sunday evening.

Selection of ASCA Age Group Coach of the Year:

Selection will be made after all information is accumulated and will be voted on by e-mail.

Long Course State Sportsmanship Award 2009:

This award was initiated by the athlete representatives. 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 is 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 state periods. Each lane must be supervised by a coach or a team representative who is a member of USA Swimming. 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 meter Freestyle relay, no earlier than 7:00 p.m. If necessary, there will be a meeting of the coaches at 7:50 a.m. each day. Coaches should be ready to attend a meeting regarding the Short Course State Meet and any other appropriate business. The meeting, as directed by the LSI, will be announced as to the time and place. Coaches must have 2009 coach's credentials and security clearance in order to be on deck during the meet.

Athlete's Rep

If necessary, there will be a meeting of all athletes prior to the beginning of the finals on Saturday evening.

CONDUCT OF LOUISIANA STATE LONG COURSE SWIMMING CHAMPIONSHIPS

- A. Two ends of the pool will be used for preliminary events. Every attempt will be made to run the finals sessions using only one end of the pool. However; to ensure timely completion of the meet, some of the mid-distance and long distance events may have to be run at either ends or two to a lane. This meet is exempt from the LSI time limit rule. Eight swimmers will be used for finals and ten lanes for preliminaries and time final events.
- B. Preliminaries will be held for the following:
13-14, 15-16, 19/under individual events (except for the 400 IM, 400 Free, 1500 Free and 800 Free Relay and 19/under relays)
- C. Timed Finals will be held for the following:
10/under and 11-12 events: All individual and relay events will be swum in the mid-afternoon session. 11-12 400 Free will be swum **Thursday, deck-seeded**. All scratches or confirmations and, if necessary, proof of seed time must be reported to the Clerk of Course by 4:30 p.m. This event will be swum fastest to slowest, alternating girl/boy. Swimmers must have qualifying time to swim this event and this can not be used as a bonus event.
- 19/under events:
- 1500 Free (Mixed) - will be swum Thursday evening, **deck seeded**. All scratches or confirmation and, if necessary, proof of seed time must be reported to the Clerk of Course by 4:30 p.m. This event will be swum fastest to slowest, alternating girl/boy. Official announcements will be made prior to the event being swum. Excessive number of heats may require swimming two to a lane.
 - 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. You must have the qualifying time to swim this event. This is a **deck seeded** event. All scratches or confirmations and, if necessary, proof of seed time must be reported to the Clerk of Course by 7:30 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.
 - 400 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. If necessary, proof of seed time must be submitted to the Clerk of Course by 7:30 a.m. This is a **deck seeded** event. You must have the qualifying time to swim this event. Excessive number of heats may require swimming two to a lane.
 - 800 Free (Mixed): The fastest heat will be swum in the final session on Sunday. All other heats 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. All scratches or confirmations and, if necessary, proof of seed time must be reported to the Clerk of Course 1 hour prior to the event being swum. You must have either the S/C or L/C 1000/800, 1650/1500 time to swim these events. Qualifying in either the 800/1500 will allow you to swim the other event. Clubs may be required to provide their own timers and counters.

Relays: The Age Group relays will be swum in the morning and mid-afternoon sessions, except for the 800 19/under relay which will be swum in the final session on **Thursday**. The 800 relays will be swum fastest to slowest, alternating girl/boy. 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, 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; 2 relays – 5 qualifiers; 3 relays – 9 qualifiers, etc. All 19/Under relays are limited to an A & B relay only.*

- D. Championship and Consolation Finals for 13-14, 15-16 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/finals that have eight or less swimmers will automatically be placed in the finals.*
- H. Scratches – **All scratches and confirmations of swimmers must be confirmed by the team coach.** If applicable, scratch forms must be submitted to the Clerk of Course by 7:30 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 group and 19/Under events. Respective entries must reflect yard or meter after Entry Times set forth by the qualifying times attachment.
- 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 **seed** time for that specific event. If unable to prove the **seed** time, 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, 2008 to the date of the **2009 Long Course State Meet**. All meet results presented as proofs of time must have the cover sheet attached showing the name of the meet, the 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 are able to 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, July 1, 2009. 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 (pool) 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.

7:00 - 7:40 a.m. _____

7:40 - 8:20 a.m. _____

Coaches must have 2009 coach's credentials to be on deck during the meet.