



Crawfish Aquatics Tri Meet

Crawfish Aquatics Pool, Baton Rouge, LA

December 12-13, 2014

In Partnership with Toys for Tots, families are asked to bring gift donations to the meet.

Meet Sanction and Host Team

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

Meet Administration

Eric Miller	Meet Referee
Courtney Roedel	Meet Director, meets@crawfishaquatics.com
Billy Newport	Head Coach / Meet Entries, meets@crawfishaquatics.com

Meet Schedule

Session 1, Friday: Warm up- 4:30PM (5:15PM start)
Session 2, Saturday: 8 & Under warm up- 8:30-8:50AM (9:00AM start)
Session 3, Saturday: 14 & Under warm up: 10:00AM (10:45am start)
Session 4, Saturday: Senior warm up: not before 12:30pm (meet begins 45 minutes after)

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 Capitol 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.

Rules and Meet Regulations

-Conduct of this sanctioned event shall conform in every respect to all technical and administrative 2013 rules of USA Swimming and Louisiana Swimming.
-"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reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid or current.
-Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

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 USA Swimming-registered swimmers from Crawfish Aquatics, Hurricane Swim Club and Crescent City Swim Club and the entrant must be a USA Swimming member as provided in Article 302.

-Swimmer's age as of December 12, 2014 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, Sessions 2, 3, 4- 3 individual events

Entry Deadline

-Email entries to meets@crawfishaquatics.com

-All meet entries are due by December 8, 2014.

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

Entry Fees ***Fees payable to Crawfish Aquatics***

\$5.00 LA Swimming swimmer surcharge,

\$3.00 facility charge (includes digital heat sheet)

\$3.5 per individual event

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.

Conduct

-Session 1 will be swum fastest to slowest.

-Sessions 2-4 will be swum slowest to fastest.

-All events will be swum mixed gender.

Scoring

No scoring or awards for this meet.

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.

Deck Changing:

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

Swim Store

- Natal Swim Shop will be available throughout the meet with swimsuits, shirts, caps, goggles, etc.

Hotel Accommodations for Traveling Participants

See website for booking information and rates: <http://www.crawfishaquatics.com/content/hotel-information>
Wyndham Garden Baton Rouge- 5600 Bluebonnet Blvd, 70809
Renaissance Hotel- 7000 Bluebonnet Boulevard, 225.215.7000

About U.S. Marine Corps Reserve Toys For Tots

Marine Toys for Tots Foundation, an IRS recognized 501(c)(3) not-for-profit public charity is the fund raising, funding and support organization for the U. S. Marine Corps Reserve Toys for Tots Program. The Foundation was created at the behest of the U. S. Marine Corps and provides support in accordance with a Memorandum of Understanding with the Commander, Marine Forces Reserve, who directs the U. S. Marine Corps Reserve Toys for Tots Program. The Foundation has supported Toys for Tots since 1991.

The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect **new, unwrapped toys** during October, November and December each year, and distribute those toys as Christmas gifts to needy children in the community in which the campaign is conducted.

Event Schedule

Friday PM- All events mixed gender

- 1 9-12 200IM
- 2 Senior 400 IM (4 heats)
- 3 9-12 200 Free
- 4 Senior 1000 Free (4 heats)

Session 2, 8 & Under- All events mixed gender

- 5 8&U 25 Fly
- 6 8&U 25 Back
- 7 8 & U 50 Free
- 8 8&U 25 Breast
- 9 8&U 25 Free

Session 3, 12 & Under- All events mixed gender

- 10 14&U 100IM
- 11 14&U 50 Free
- 12 14&U 50 Fly
- 13 14&U 100 Fly
- 14 14&U 50 Back
- 15 14&U 100 Back
- 16 14&U 50 Breast
- 17 14&U 100 Breast
- 18 14&U 100 Free
- 19 14 & U 500 Free

Session 4, 13 & Older- All events are mixed gender

- 20 Open 100 Free
- 21 Open 200 Back
- 22 Open 100 Breast
- 23 Open 200 Fly
- 24 Open 100 Back
- 25 Open 200 Breast
- 26 Open 200 IM