

Nu Wave Swim Club "Fall SC Open"

November 15-16, 2025

UNO Lakefront Arena

Sanction: Held under the sanction of USA Swimming and Louisiana Swimming Inc. #2025-11-
In granting this sanction, 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 injuries to anyone during the conduct of the event.

Condition of Sanction:

As a condition of this sanction, Nu Wave Swim Club/SELA 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 Nu Wave Swim Club/SELA 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:

Nu Wave Swim Club/SELA 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.

COVID-19 Release:

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. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNSEEN, IN CONNECTION THEREWITH.

Location: UNO Lakefront Arena Aquatic Center
6801 Franklin Ave, New Orleans, LA 70122

Facility: Indoor, Heated, 8 lane 50 meter pool with non-turbulent lane ropes. Pool depth: 16 feet in deep end, 4 feet in shallow end and 7 feet at the bulkhead. A separate warm up area is available across from the competition course. The competitive course has been certified in accordance with USA Swimming Technical Rule 104.2.2C(4).

Timing: Colorado automatic timing system with touch pads will be the primary system. Secondary system will be manual/electronic with 1 button and 1 digital watch per lane.

Meet Director: Ross Hedrick- nuwaveswimclub@gmail.com

Meet Referee: Nicole Beebe- nikkichloeemyah@yahoo.com

Entry Chair: Ross Hedrick- nuwaveswimclub@gmail.com

Rules:

- Current 2025 USA Swimming rules will govern the procedure of this meet. The Meet Referee has final authority on the conduct of the meet.
- All events will be conducted as Timed Finals seeded slowest to fastest.
- Deck entries will be allowed at the discretion of the Meet Director and the approval of the Meet Referee, and permitted for swimmers who can prove current USAS registration. No additional heats will be created to accommodate additional swims, and events will not be reseeded.
- 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.
- The Meet Referee and Meet Director reserve the right to ask for coach credentials and deny deck access if coach does not comply or certification is no longer valid or current.
- All Meet Directors, Referees, Starters and Stroke Judges, serving in an official capacity must be members of USA Swimming.
- Flyover Starts: Swimmers should remain in the pool after completing their race until the next race has begun, then quickly exit the pool.

Tech Suit Ban for 12&U Swimmers: Per LSI Rule 210.2, 12 & Under athletes may not compete in Technical Suits at this swim competition. 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.

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 includes, 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.

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. 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.

All athletes aged 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.

Eligibility: Open to all swimmers holding a 2025 USA Swimming membership card. Any swimmer that appears on the LSI exceptions report without registration must come to the meet prepared to show proof of registration. The exception report will be sent on Monday, November 10. No deck registrations will be accepted at the meet. Age as of November 15, 2025, will determine a swimmer's age for the meet.

Disability: Swimmers with a disability as described in the USA Swimming technical rules, Article 105, shall be permitted to enter any meet sanctioned by Louisiana Swimming Inc. Any request for equipment or accommodation should be made at the time of submission of entry.

Entries: Swimmers are allowed to compete in up to 4 individual events per session, 6 individual events per day with a maximum of 8 individual swims for the meet. This meet will be limited to staying under the USAS recommended 4-hour rule for 12&U sessions.

Please email entries via Team Manager or Team Unify files to the Entry Chair.

The entry deadline is Wednesday, November 7, at 9:00 pm. Entries will be accepted in order of delivery.

Entry Fees: \$5.00 per Timed Final individual entry and \$20.00 athlete registration fee (which includes \$8 Louisiana Swimming surcharge and digital heat sheet. **Late entries will be accepted at the discretion of the Meet Director and Meet Referee, and only with proof of current USAS registration. Late entries will cost \$10.00 per individual event. No new heats will be created to accommodate late entries.**

Make checks payable to: **Swim New Orleans.**

LSI Exceptions: Any USAS/LSI registration errors must be corrected by Wednesday, November 12 through Louisiana Swimming office. Teams will be notified via email regarding registration errors.

Scorings: There will be no scoring

Awards: There will be no awards.

Timers: Teams will be assigned timing assignments by Wednesday, November 12. Assignments will be sent to

participating teams and posted on the Nu Wave Swim Club website: www.nolaswimming.com

Warm-ups: Warm-up will be conducted in accordance with Louisiana Swimming Inc. established procedures. The procedure for 3-point entry into the water will be strictly enforced. Coaches will be responsible for the conduct and safety of their swimmers. All swimmers at the meet without a coach must report to the Meet Director or Meet Referee to make arrangements for such supervision.

Article 202.3.2: At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.

Official warm-ups times/assignments will be sent to each team by Wednesday, November 12. Assignments will be posted on the Nu Wave Swim Club website: www.nolaswimming.com

Concessions: Concessions will be provided by Nu Wave Swim Club throughout the event.

Hospitality: Coaches and officials will be provided hospitality by Nu Wave Swim Club volunteers. Timers and officials will have drinks brought out throughout each session.

Meet Schedule: Saturday, November 15

Session 1	14&U Events	Warm-up 8:00-9:05 am	Meet Start 9:15 am
Session 2	Open Events	Warm-up 12:10-12:50 pm*	Meet Start 1:00 pm*
Session 3	14&U Events	Warm-up 3:00-4:05 pm*	Meet Start 4:15 pm*

**Final warm-up and start times will be announced by Wednesday, November 12 and determined based on entries/timelines.*

Sunday, November 16

Session 4	14&U Events	Warm-up 8:00-9:05 am	Meet Start 9:15 am
-----------	-------------	----------------------	--------------------

**Final warm-up and start times will be announce by Wednesday, November 12 and determined based on entries/timelines.*

Warm-up Schedule: Saturday, November 15

Session 1	Warm-up #1	Assigned Teams/Lanes	8:00-8:30 AM
		BREAK	8:30-8:35 AM
	Warm-up #2	Assigned Team/Lanes	8:35-9:05 AM
Session 2	Warm-up #1	Assigned Teams/Lanes	12:10-12:50 PM
Session 3	Warm-up #1	Assigned Teams/Lanes	3:00-3:30 PM
		BREAK	3:30-3:35 PM
	Warm-up #2	Assigned Team/Lanes	3:35-4:05 PM

Sunday, November 16

Session 4	Warm-up #1	Assigned Teams/Lanes	8:00-8:30 AM
		BREAK	8:30-8:35 AM
	Warm-up #2	Assigned Team/Lanes	8:35-9:05 AM

2025 Nu Wave Swim Club “Fall SC Open”
Saturday, November 15 - Sunday, November 16

Order of Events

Session #1	Saturday, November 15	Timed Finals
#1	12-14 100Y FLY	#2
#3	11&U 100Y FLY	#4
#5	12-14 50Y BREAST	#6
#7	11&U 50Y BREAST	#8
#9	12-14 200Y FREE	#10
#11	11&U 200Y FREE	#12
#13	12-14 200Y BACK	#14
#15	11&U 100Y IM	#16

Session #2	Saturday, November 15	Timed Finals
#17	15&O 200Y IM	
#18	15&O 50Y FLY	
#19	15&O 200Y BACK	
#20	15&O 50Y BREAST	
#21	15&O 100Y FREE	
#22	15&O 200Y FLY	
#23	15&O 50Y BACK	
#24	15&O 200Y BREAST	

Session #3	Saturday, November 15	Timed Finals
#25	12-14 50Y FREE	#26
#27	11&U 50Y FREE	#28
#29	12-14 100Y BACK	#30
#31	11&U 100Y BACK	#32
#33	12-14 50Y FLY	#34
#35	11&U 50Y FLY	#36
#37	12-14 200Y BREAST	#38

Session #4	Sunday, November 16	Timed Finals
#39	12-14 200Y IM	#40
#41	11&U 200Y IM	#42
#43	12-14 100Y FREE	#44
#45	11&U 100Y FREE	#46
#47	12-14 50Y BACK	#48
#49	11&U 50Y BACK	#50
#51	12-14 100Y BREAST	#52
#53	11&U 100Y BREAST	#54
#55	12-14 200Y FLY	#56