

2022 LA Tiger Aquatics Christmas Invite

Hosted by Tiger Aquatics

December 9th-11th, 2022

Held at the LSU Natatorium

Condition of Sanction

As a condition of this sanction, Tiger 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 Tiger 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

Tiger 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.

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 against 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 risk 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 and claims you may have to seek damages, whether known or unknown, foreseen or unseen, in connection therewith.

Facility

L.S.U Natatorium, site of the 1985 National Sports Festival. Indoor 50-meter pool at a constant depth of 7 feet with movable bulkheads to make two 8-lane, 25-yard pools with Non-Turbulent Lane lines. Paragon starting blocks. Daktronics Timing System with 8-lane Daktronics electronic scoreboard. A six-lane 25-yard warm-up/warm-down pool is next to the 50-meter pool. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

Swim Meet Guidelines & Facility Rules

Coaches, Parents, and Swimmers must adhere to below guidelines before, during, and/or after swim sessions. Failure to comply will result in denied usage of pool facilities and swim sessions:

- We ask that ALL individuals enter the facility no more than 15 mins prior to the start of their session.
- Locker room use is available for swimmers ONLY.
- Spectators/Coaches/Officials/Volunteers must use the restrooms closest to the front lobby of the Natatorium; aka the scoreboard end.
- NO Smoking in the pool area OR within 30 feet of all doors.
- NO Glass containers allowed on the pool deck.

Athlete Limitation / Event Limitation / Meet Format

- There will be no more than 500 swimmers allowed to participate in the meet. Teams must reserve their spot by emailing jeannine@swimtaq.com.
- Athletes may swim up to 8 individual events.
- This is a Timed Finals event for all 12 & under listed events.
- This is a Prelim/Final event for all OPEN listed events.
- Finals will consist of A/B/C finals for OPEN 50 Free, OPEN 100s, and OPEN 200s.
- Distance events will be timed finals: 1000Fr, 1650Fr, 500Fr, 400IM
- All Distance events will be swum fastest to slowest.
- Distance Freestylers must supply their own counter.
- Top 8 of the 500 Free will swim in Finals only. All other heats will swim in at the end of the prelim session on Saturday.

Sanction

Held under the Sanction of USA Swimming, Inc., issued by Louisiana Swimming, Inc.
Sanction # 2022 - -

Meet Staff

MEET DIRECTOR	MEET REFEREE	MEET MARSHAL
Jeannine Malbrough jeannine@swimtaq.com	Andrew Wilkinson mr_monkey_man_23@yahoo.com	Jeannine Malbrough jeannine@swimtaq.com

Session & Times

Session	Day	Warm-up	Meet Start	Age Group
1	Friday December 9th	4:30-5:30pm	5:45pm	ALL
2	Saturday December 10th	7:30am – 8:30am	8:45am	OPEN
3	Saturday December 10th	11:30am-12:30pm	12:45pm	12&under
4	Saturday December 10th	4:00-4:40pm	4:45pm	OPEN
5	Sunday December 11th	7:30am – 8:30am	8:45am	OPEN
6	Sunday December 11th	11:30 – 12:30pm	12:45pm	12&under
7	Sunday December 11th	4:00-4:40pm	4:45pm	OPEN

- These are the revised times. Please view the warm up assignments posted on the website, www.swimtaq.com, to find your team's assigned warm up times. These assignments will be posted Tuesday evening prior to the meet.
- There will be 2 x 30 minute warm up sessions for prelims and 12&Under sessions.
- There will be 1 x 40 minute warm up session for all finals sessions.
- Final's warm ups will be an open warm up session.

Warm Up

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries.

Deadline & Meeting Summary

Entry Deadlines	Time	For:
December 2nd, 2022	11:59 pm	December 9 th , 2022
Session	Meeting Time	For:
1	TBD	Official Briefings

Rules

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.

Technical Suit Ban 12&Unders

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.

MAAPP

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SAFE SPORT

The LSI Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet who is unaccompanied by a USA Swimming member coach 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer’s guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials, and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

Eligibility

All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete.

Swimmers must be registered prior to entry deadline.

Entries listed as "Registration Applied For" will not be accepted.

There will be no on deck registration available at this meet.

A swimmer's age as of December 9th, 2022 determines their age for the entire meet.

Members with Disabilities or Medical Conditions

Tiger Aquatics welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit Tiger Aquatics' ability to accommodate all requests.

Entries / Entry Deadline

Entries are to be submitted through members' Team Unify account on swimtaq.com. A swimmer's age on the first day of the meet will determine their age for the entire meet. Swimmers will be entered on a first-come-first-served basis, due to athlete number limitations. Meet management has the right to limit the number of athletes in order to comply with Louisiana Swimming, Inc.'s four-hour rule. Meet management reserves the right to reassign events/age groups to different courses. The order of events shall not be changed, but at the discretion of the meet management, breaks may be added.

- Entries must be received by **Friday December 2nd, 2022.**
- No late entries will be accepted.
- Email entries to jeannine@swimtaq.com.
- Make entry fee check payable to **Tiger Aquatics.**

Entry Fees

All fees are non-refundable	
Individual Event	\$4.00 per event
LA Swimming Surcharge	\$8.00 per swimmer
Facility Surcharge	\$5.00 per swimmer
Heat Sheet Fee	\$3.50 per swimmer

Seeding

The conforming time standard for this meet is short course yards. Distance events will be swum fastest to slowest. All prelim/final events will be slowest to fastest with the last 3 heats circled seeded. There will be no penalty for scratching pre-seeded events.

Scoring

Scoring will be done for all 12&Under events.

- The age brackets will include 8 & under, 9-10, and 11-12.
- High point awards will be given for 1st, 2nd, and 3rd place high point winner's female and male for the three age brackets listed above.
- No trophies or ribbons will be given in addition to the high point awards.

Results / Live Streaming

Results can be found live on Meet Mobile throughout the meet. Results will also be posted on swimtaq.com at the conclusion of the meet. This event will be live-streamed. The link will be posted on swimtaq.com on the event page.

Coaches

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. Other Meetings may be held at the meet referee's discretion (listed in the Deadline and Meeting Summary).

Hospitality / Concessions

Hospitality will be available for coaches and officials. Concessions will be sold at the meet for all sessions.

Officials / Timers/ Volunteers

There will be a need for officials. Tiger Aquatics welcomes and encourages anyone willing to volunteer. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet / session. There will be an officials' meeting at each meet session. A virtual meeting may be held prior to the meet / session at the referee's discretion, and all assigned officials are strongly encouraged to complete an individual personal review of applicable USAS rules for their assigned position prior to the meet. Officials should report to their assigned position 15 minutes before session start, and bring a mask, your personal water bottle, and a writing utensil.

Waiver and Release

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and Louisiana Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet.

Tiger Aquatics, Louisiana Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

Image Release

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or LSI website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

ORDER OF EVENTS

Session 1 – LSU Natatorium – Friday December 9th, 2022
Arrival: 4:15pm; Warm-up: 4:30 – 5:30pm; Meet Start: 5:45pm

Girl's Event #	Event	Boy's Event #
1	13 & Over 50 Free Prelim	2
3	Mixed 1000 Free	
	Mixed 1650 Free	4
5	12 & Under 200 IM	6
7	OPEN 400 IM	8
1	13 & Over 50 Free Final	2

- Check in for events 3,4,7,8 by 5:15pm
- Events 3 will be swum in the Girls Pool (MAIN POOL)
- Event 4 will be swum in the Boys Pool (SCBD POOL)
- Swimmers must provide counters for events 3-4
- Events 1 & 2 FINALS will take place immediately following the last heat of Event 8 the Girl's OPEN 400 IM (MAIN POOL)

Session 2 – LSU Natatorium – Saturday December 10th, 2022
Arrival: 7:15am; Warm-up: 7:30 - 8:30am; Meet Start: 8:45am

Girl's Event #	Event	Boy's Event #
9	OPEN 100 Free	10
11	OPEN 200 Breast	12
13	OPEN 100 Fly	14
15	OPEN 200 Back	16
	10 Minute Break	
17	OPEN 500 Free	18

- Events 9 – 16 are Prelim/ Finals events.
- The top 24 in the AM will qualify to swim in Finals. A/B/C Finals.
- Sign in for events 17 & 18 by 8:45am.
- Events 17 & 18 are Timed Final events; TOP 8 for both Girls & Boys will swim in FINALS ONLY. All other heats of events 17 & 18 will swim at the end of the AM session; fastest to slowest.
- Swimmers MUST supply their own counter and timer in both AM & PM for events 17 & 18.

Session 3 – LSU Natatorium – Saturday December 10th, 2022

Arrival: 11:15am, Warm up 11:30-12:30pm; Meet Starts: 12:45pm

Girl's Event	Event	Boy's Event
19	8 & Under 25 Free	20
21	12 & Under 100 Free	22
23	8 & Under 25 Breast	24
25	12 & Under 50 Breast	26
27	8 & Under 25 Back	28
29	12 & Under 100 Back	30
31	8 & Under 25 Fly	32
33	12 & Under 50 Fly	34

Session 4 – LSU Natatorium – Saturday December 10th, 2022

Arrival: 3:45pm; Warm-up: 4:00-4:40pm; Meet Start 4:45pm

Girl's Event #	Event	Boy's Event #
9	OPEN 100 Free	10
11	OPEN 200 Breast	12
13	OPEN 100 Fly	14
15	OPEN 200 Back	16
	10 Minute Break	
17	OPEN 500 Free	18

Session 5 – LSU Natatorium – Sunday December 11th, 2022

Arrival: 7:15am; Warm-up: 7:30-8:30am; Meet Start 8:45am

Girl's Event #	Event	Boy's Event #
35	OPEN 200 Free	36
37	OPEN 100 Breast	38
39	OPEN 200 Fly	40
41	OPEN 100 Back	42
43	OPEN 200 IM	44

- Events 35 – 44 are all prelim/final events. TOP 24 will swim in finals. A/B/C Finals.
- If you intend on scratching Sunday Evening events, please sign scratch sheet at check in table before you leave the AM session.

Session 6 – LSU Natatorium – Sunday December 11th, 2022
Arrival: 11:15am; Warm-up: 11:30-12:30pm; Meet Start 12:45pm

Girl's Event #	Event	Boy's Event #
45	12 & Under 200 Free	46
47	12 & Under 50 Back	48
49	12 & Under 100 Breast	50
51	12 & Under 50 Free	52
53	12 & Under 100 Fly	54
55	12 & Under 100 IM	56

Session 7 – LSU Natatorium – Sunday December 12th, 2021
Arrival: 3:45pm; Warm-up: 4:00-4:40pm; Meet Start 4:45pm

Girl's Event #	Event	Boy's Event #
35	OPEN 200 Free	36
37	OPEN 100 Breast	38
39	OPEN 200 Fly	40
41	OPEN 100 Back	42
43	OPEN 200 IM	44