

NU WAVE SWIM CLUB

“SC Last Chance Meet”

February 6-7, 2026

Isidore Newman School

Sanction: Held under the sanction of USA Swimming and Louisiana Swimming Inc. #2026-02-
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, and Isidore Newman School agree 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/ Isidore Newman School 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/Isidore Newman School 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/children) 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 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: Isidore Newman School
1903 Jefferson Ave, New Orleans, LA 70115

Facility: Indoor, Heated, 6 lane 25 yard pool with non-turbulent lane ropes. Pool depth: 11 feet in deep end and 4 feet in shallow end. The competitive course has not been certified in accordance with USA Swimming Technical Rule 104.2.2C(4).

Timing: Primary system will be a touchpad. Secondary system will be manual with one button and one digital watch per lane.

Meet Director: Scott Robinson: nuwavecoachscott@gmail.com

Meet Referee: Nicole Beebe: nikkichloeemayah@yahoo.com

Entry Chair: Ross Hedrick: nuwaveswimclub@gmail.com

Rules:

- Current 2026 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 fastest to slowest.
- 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 the 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.
- All events will begin at the starting (deep) end of the pool.
- 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 swimming 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.

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: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. In accordance with Safe Sports best practices, photography will not be allowed behind the starting blocks.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

The pool and locker rooms are public facilities shared with community members. Any concerns should be reported to the Meet Director or facility manager.

Unless approved in writing in advance of the competition, 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.

Alcoholic beverages and the recognition of alcohol sponsors are prohibited in all areas of the venue. Any athlete, coach, volunteer, staff, or spectator found to be in possession of alcohol at a Louisiana Swimming sanctioned event will be barred from the venue for the remainder of the day by the meet director and/or meet referee, or their designee.

Eligibility: Open to all USAS swimmers holding a 2026 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, February 2. No deck registrations will be accepted at the meet. Age as of February 6, 2026, 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 accommodations should be made at the time of entry submission.

Entries: Swimmers are allowed to compete in up to 4 individual events per session and not more than 5 individual events on a given day.

This meet will make every effort to stay 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 Saturday, January 31 by 9:00 pm.

Entry Fees: \$3.00 per Timed Final individual entry and \$12.00 athlete registration fee (which includes the \$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.**

LSI Exceptions: Any USAS/LSI registration errors must be corrected by Wednesday, February 4 through Louisiana Swimming office. Teams will be notified via email regarding registration errors.

Timers: Teams will be assigned timing assignments by Wednesday, February 4.

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 plan 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, February 4.

Meet Schedule:	<u>Friday, February 6</u>		
Session 1	Warm-up 4:30-5:20 PM	Meet 5:30 PM	
<u>Saturday, February 7</u>			
Session 2	Warm-up 10:00-10:50 AM	Meet 11:00 AM	
Session 3	Warm-up 1:20-1:50 PM	Meet 2:00 PM	
Warm-up Schedule:	<i>*Final warm-up and start times will be announced by Wednesday, February 4 and determined based on entries/timelines.</i>		
<u>Friday, February 6</u>			
Session 1	Warm-up #1	Assigned Teams/Lanes	4:30-4:55 PM
Session 1	Warm-up #2	Assigned Teams/Lanes	4:55-5:20 PM
<u>Saturday, February 7</u>			
Session 2	Warm-up #1	Assigned Teams/Lanes	10:00-10:25 AM
Session 2	Warm-up #2	Assigned Teams/Lanes	10:25-10:50 AM
Session 3	Warm-up #1	Open Lanes	1:20-1:50 PM

Order of Events:

Session #1 Friday, February 6

- #1/2 Open 50 Free
- #3/4 12&U 100 IM
- #5/6 Open 200 Free

Session #2 Saturday, February 7

- #7/8 Open 100 Back
- #9/10 Open 100 Breast
- #11/12 12&U 50 Fly
- #13/14 Open 100 Free
- #15/16 12&U 50 Back
- #17/18 12&U 50 Breast
- #19/20 Open 100 Fly
- #21/22 Open 200 IM

Session #3 Saturday, February 7

- #23 Open 400 IM
- #24 Open 200 Back
- #25 Open 200 Breast
- #26 Open 200 Fly
- #27 Open 500 Free
(*1000 Free by request only)

NU WAVE SWIM CLUB COVID-19 MEET PLAN

All necessary information regarding, but not limited to, the below items will be made available at a time closer to the event date in alignment with the most current COVID-19 guidelines that impact both the facility and community.