

CCSC “Back to the Beach Meet”

May 23, 2026

Entries are due on Friday, May 15th.

Email entries to [ccscnola@aol.com](mailto:ccscnola@aol.com)

<b>Location</b>	St. Martin’s “Thanksgiving” Pool, 600 Haring Road, Metairie 70003 Facilities Water Depth: 3.5 feet to 13 ft. 6 inches from both end walls. Lanes are 7ft wide. Hy-Tek Meet Manager and Colorado 6000 timing system will. Meet will be run in six lanes allowing warm up in lane 8 throughout the swim meet.
<b>Sanctioned by</b>	Louisiana Swimming, Inc    Sanction #
<b>Meet Referee</b>	Ty Dolese & Rebecca Case
<b>Meet Director</b>	Mike Falati - <a href="mailto:ccscnola@aol.com">ccscnola@aol.com</a> <b>Meet Marshal</b> Mike Falati
<b>Meet schedule</b>	Warm up at 8:00; Meet begins at 9:15 AM
<b>Entry limits &amp; fees</b>	Swimmers are limited to 4 events. Swimmer surcharge is \$15.00; individual events are 4.00 each. Deck entries will be Taken at no extra cost throughout the swim meet. Results will be posted. Make checks payable to CCSC Parents Association.
<b>Facility rules</b>	St. Martin’s ask that all swimmers & spectators comply with the following facility regulations. Spectator parking is allowed in the parking bays on Haring Road in front of the swimming pool. DO NOT park in front of school buses or trash dumpsters. The campus is also a firearm free zone. Anyone breaking these rules will be removed from campus by Jefferson Parish Deputies. LSI Alcohol policy: 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. This swim meet will have concessions. Hospitality will be provided.

## **Meet Rules**

All events are timed finals, mixed gender, and seeded fastest heat last. This swim meet does not have time standards. A coaches meeting will be held if needed. Conduct of this event shall conform to all technical and administrative rules of USA Swimming and Louisiana Swimming. "Held under the sanction of USA Swimming and Louisiana Swimming, Inc." Any swimmer entered in the meet must be accompanied by a Certified USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When not accompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. All coaches, meet directors and officials serving in an official capacity must be members of USA Swimming, and prepared to present their USA Swimming ID registration card. No entrant will be permitted to compete unless the entrant is a member of USA Swimming as provided in Article 302. 18 & older athletes must hold current APT certification to compete. It is understood and agreed that USA Swimming and Louisiana Swimming, Inc. shall be free from any liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of the event. This pool has NOT been certified in accordance with 104.2.2C (4). A swimmer's age on the first day of the meet will determine their age for the entire meet

## **Timing & Officials**

CCSC welcomes and encourages everyone to volunteer. Volunteering Officials should check in with the Meet Referee by email prior to the start of the swim meet. All assigned officials are encouraged to complete an individual personal review of applicable USAS rules for their assigned position prior to the swim meet. All teams entering the swim meet will be responsible for supplying volunteer timers.

## **12 & under suit rule**

Per LSI Rule 210.2, 12 & Under athletes may not compete in Technical Suits at this meet. A technical suit is any male or female suit the has 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, and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. 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.

**Members with disabilities or medical conditions**, CCSC welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our swim meets. Coaches entering swimmers with disabilities that require accommodations are asked to notify the Meet Director by the entry deadline accompanying their entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide notice may limit CCSC's ability to accommodate requests.

**Safe Sport**

The LSI Safety Program is in effect for this swim meet. Coaches are advised to supervise their swimmers at all times. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We recommend that each team assigns a team marshal to monitor warm-up sessions and locker rooms in addition to host team marshals. 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. 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. Parent access for safe sport; In case of emergency, parents should see the meet referee.

**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 swim meet.

**WAIVER/RELEASE**

As a team entered in this swim meet, upon entry you are verifying that all 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 swim meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this swim meet. CCSC, St. Martins Episcopal School, Louisiana Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free & harmless from any all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet.

Total number of swimmers x \$15.00 \_\_\_\_\_

Total events x 4.00 \_\_\_\_\_ Total fees \$ \_\_\_\_\_

CLUB \_\_\_\_\_

TITLE \_\_\_\_\_

DATE \_\_\_\_\_

Warm up at 8:30 AM

- 1 18 & under 50 Free
- 2 Open 500 Free
- 3 Open 200 Fly
- 4 Open 50 Fly
- 5 Open 100 Back
- 6 Open 25 Fly
- 7 Open 25 Free
- 8 Open 200 Free
- 9 Open 50 Breast
- 10 Open 200 Breast
- 11 Open 100 IM
- 12 Open 100 Fly
- 13 Open 200 IM
- 14 Open 25 Back
- 15 Open 25 Breast
- 16 Open 200 Back
- 17 Open 50 Back
- 18 Open 100 Breast
- 19 Open 100 Free
- 20 Open 400 IM
- 21 Open 50 Free

