

Capital City Swim League 2010 Middle School Swimming Information

Meet Format

Crawfish Aquatics, founder of Middle School swimming in Baton Rouge, will host 6 Middle School meets in 2010. The Kick Off meet will host all teams, followed by two meets for each of the two Cluster Groups.

The Championship meet will host all teams and will be the only scored meet. There will be awards for team champion, first through third and for individuals, first through eighth. For the championship meet individual events will be ranked/scored by two grade divisions: 5th/6th grade and 7th/8th grade.

Meet Schedule

Friday, September 10	3:30 PM/4:15 PM	Kick Off Meet, all teams, non-scored
Friday, September 24	3:30 PM/4:15 PM	Cluster Meet, Group 1, non-scored
Friday, October 1	3:30 PM/4:15 PM	Cluster Meet, Group 2, non-scored
Friday, October 8	3:30 PM/4:15 PM	Cluster Meet, Group 1, non-scored
Friday, October 15	3:30 PM/4:15 PM	Cluster Meet, Group 2, non-scored
Saturday, October 29	8:00 AM/9:15 AM	Championship Meet, Group 1 & 2, scored

Requirements

New teams: Schools joining the league in 2010 must submit a letter of approval from the school principal/school athletic director to participate in meets (this should grant permission for students to participate under their school name).

Insurance Registration: All swimmers will pay an insurance fee of \$10 for competition eligibility. Teams will submit a swimmer information form (provided by Crawfish Aquatics) with athlete information needed for insurance information. Required information: Swimmer First/Last Name, Age/Date of Birth, Grade, Address.

Facilities

All meets will be held at Crawfish Aquatics pools located just off Bluebonnet Blvd. and Interstate 10. Meets will be contested in the 8 lane, 25-yard indoor pool. The indoor pool has an 8-lane scoreboard and all meets will be timed and scored using electronic timing.

Entry Information

Entries are due by the Tuesday before each meet to swimcraw@crawfishaquatics.com

**To download Team Manager Lite, (a limited version of Team Manger that is free to download) go to <http://www.hy-tekltd.com>, "Download Center" (under "Quick Links" on homepage) and go to Team Manager 6.0, "Lite".

This is the required program to be used for all meet entries for teams with 10+ athletes.

Meet Limitations

Each swimmer may compete in 4 events per meet (**maximum of 2 individual events**). Each team may enter 3 relays (A,B,C) per event for cluster meets and 2 relays per event (A,B) for the Championship Meet.

Order of Events-

"Kick Off" Meet #1

50 Freestyle
50 Butterfly
50 Backstroke
50 Breaststroke

Order of Events-

Cluster & Championship

200 Free Relay
100 IM
50 Freestyle
50 Butterfly
100 Freestyle
50 Backstroke
50 Breaststroke
200 Medley Relay

Rules, Regulations, Fees and General Information

1. Current 2010 USA Swimming technical rules and code of regulations will be used for judging and scoring.
2. All athletes will compete in one classification; athletes participating in Capital City High School Swim League **are not** eligible to participate in the Middle School League.
3. All events will be timed finals seeded slowest to fastest.
4. All swimmers are required to purchase the \$10 insurance coverage, regardless of USA Swimming Registration or school athlete insurance coverage as this league is not sanctioned by USA Swimming or LHSAA.
5. \$5 per swimmer per meet. Teams submit one check per meet, payable to Crawfish Aquatics.

Championship Meet Scoring

For the Championship Meet points will be awarded through 16 places for individual and relay events. Individual events will be split by 5th/6th and 7th/8th grade for scoring. A maximum of 4 swimmers per team per event and one relay per team per event will be allowed to score in the Championship Meet. The Kick Off and cluster meets will not be scored.

Timing information

Each team will be assigned lane timers in proportion to meet entries in a session. Timers must report 10 minutes prior to the start of each session.

Warm-Up Information

Lane assignments for warm-up sessions will be posted prior to each meet.

Heat Sheets

Complimentary heat sheets will be provided to coaches and officials. Heat sheets will be available for purchase for all spectators and swimmers.

Amenities

For all meets a fully stocked Concession Stand will be open and a spectator restroom and athlete changing area/shower area/restroom will be available. Bleacher seating on deck is available for teams and spectators. Televisions in the main gym show the competition pool and scoreboard throughout the meet and offers additional team area seating.

Team Practice Options

All participant teams are offered practice options at Crawfish Aquatics facility and coaching from Crawfish Aquatics staff. Practices will begin the week of August 30 and run through the end of the season (October 28). **Contact Crawfish Aquatics for practice information.**

Cluster Group Assignments

Group 1:

Ascension of Our Lord
Runnels
SAS/Lions
Sacred Heart School
St. Thomas More
St. George
University Middle
Holy Family School

Group 2:

Christian Life Academy
Dunham School
Episcopal Middle
Falcon Swim Team
Northwestern Middle School
Parkview
St. Jude Cougars
West Feliciana