

38<sup>th</sup> Annual COAST Friendly Circuit  
Invitational Winter Swim Meet (Sanction # )

January 19-20, 2018

Sponsored By:

City of Alexandria Swim Team (COAST) with the cooperation of Alexandria Senior High School. This meet is held under the sanction of USA Swimming and Louisiana Swimming, Inc.

Alexandria Senior High School, 800 Ola Lane, Alexandria, LA. Indoor heated 25 yard, six-lane pool. Kiefer non-turbulence lane dividers. Colorado Swim V Timing including Hytek interface will be used with push button and stopwatch as backup. Paragon starting blocks at both ends.

Rules:

Official 2018 USS rules will be used. Timed finals. Each USS number must be listed on entries. Late entries will be accepted and swimmers will be assigned open lanes only.

Eligibility:

All swimmers must be currently registered with Louisiana Swimming and USA Swimming as provided in Article 302 and be members of invited teams. Swimmers age on January 19, 2018 will determine his/her division for the entire meet. Each swimmer is limited to 4 individual events per day. The meet is to be limited to the first 250 swimmers. Hytek entries need to be submitted via email. Entries submitted without entry times will be listed as NT. The 1,650 will be swum with the fastest heat of girls first then the fastest heat of boys next. The 1,650 is limited to the top 12 boys and top 12 girls entered. Yard times will be used to seed events. All events will be timed finals.

Entry fees:

Individual events will be \$3.50 per individual event entered and \$8.00 per relay team. Entries must be accompanied by fees and entry forms with USS numbers and age of all swimmers. Make all checks payable to the City of Alexandria Swim Team. Entry fees are to be mailed to Coach Wally Fall, 4913 Hunters Grove Lane, Alexandria, LA, 71303. (Note: 10% of fees will go to the Louisiana Swimming Travel Fund and 5% will go to the Damon McCoy Memorial Fund.)

Deadline:

All entries need to be received by 8:00 pm, January 15<sup>th</sup>. Entries will need to be emailed to Jody Goodman at [jody.goodman@rpsb.us](mailto:jody.goodman@rpsb.us).

Surcharge:

There will be a \$7.00 surcharge per swimmer for the meet to go to Louisiana Swimming.

**Warmups:**

Friday afternoon: 6:00 pm warm-up. Meet begins at 6:30 pm  
Saturday (1<sup>st</sup> Session) 10 & under warm-up at 8:00 am. Meet begins at 9:00 am.  
Saturday (2<sup>nd</sup> Session) 11& Up warm-up will not be before 12 noon.  
Meet begins one hour after the start of warm-ups.

A posted copy of warm-up procedures and lane assignments will be followed. Volunteer timers are appreciated. Officials also appreciated.

**Awards:**

Awards for individual events will be custom designed medals for first, second, and third place. Ribbons will be awarded for fourth, fifth, and sixth place. Awards for relays will be custom designed medals for first, second, and third place. Plaques awarded to the top three finishers for boys and girls in the 1650 free. The high point winner boy and girl in each age group will receive a High Point Plaque. Age group high point winners must score their points in their respective age group and not another age group or senior division. Plaques will be awarded to the top three teams in scoring.

**Scoring:**

Scoring will be 7, 5, 4, 3, 2, 1 for Individual Events and for Relays 14, 10, 8, 6, 4, 2

**Scratches:**

No money will be refunded for scratches. All relay cards will be given to the coaches during warm-ups, and must have names listed. All swimmers need to report behind the starting blocks for their events.

Email entries to: [jody.goodman@rpsb.us](mailto:jody.goodman@rpsb.us)  
Mail entry fees to: Coach Wally Fall  
4913 Hunters Grove  
Alexandria, LA 71303

**Water Depth:**

	<b>Deep End</b>	<b>Shallow End</b>
Against Wall	67 inches	37 inches
1 meter out	100 inches	40 inches
5 meters out	132 inches	52 inches

**Starting Blocks:**

Deep End – 30 inches above water

Shallow End – 15 inches above water

### Pool Certification:

The competition course has been certified in accordance with 104.2.2c(4) by Steve Fontenot Engineers and is on file with USA Swimming.

### Other Details:

Concessions will be available on Saturday. No glass bottles or ball throwing allowed in the facilities. No alcoholic beverages (drug free zone) or smoking will be allowed. A Rapides Parish Deputy Sheriff will be on duty for the duration of the meet. Limited bleacher seating available pool side. No running or horseplay will be allowed. For further information call Coach Wally Fall (318) 451- SWIM (cell) or Jody Goodman at (318) 729-5817.

The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Also, except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. There are two dressing rooms available for swimmers to use during the meet.

### Inclusion:

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 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 accompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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.

**Heat Sheets:** Heat sheets are to be sold for \$3.00 each.

**Meet Director:** Wally Fall

**Meet Referee:** Rick Harrison

COAST Winter Swim Meet  
Schedule of Events

January 19, 2018 6:30 pm

Girls Event Numbers

**Warm-ups 5:45 pm**

Boys event Numbers

1

Senior 1650 Freestyle

2

January 20, 2018 9:00 am

**Warm-ups at 8:00 am**

3	8 & UNDER 100 FREE RELAY	4
5	10 & UNDER 100 FREE RELAY	6
7	6 & UNDER 25 FREE	8
9	8 & UNDER 25 FREE	10
11	10 & UNDER 50 FREE	12
13	6 & UNDER 25 FLY	14
15	8 & UNDER 25 FLY	16
17	10 & UNDER 50 FLY	18
19	6 & UNDER 25 BACK	20
21	8 & UNDER 25 BACK	22
23	10 & UNDER 50 BACK	24
25	6 & UNDER 25 BREAST	26
27	8 & UNDER 25 BREAST	28
29	10 & UNDER 50 BREAST	30
31	8 & UNDER 100 IM	32
33	10 & UNDER 100 IM	34
35	8 & UNDER 50 FREE	36
37	10 & UNDER 100 FREE	38
39	8 & UNDER 100 MEDLEY RELAY	40
41	10 & UNDER 100 MEDLEY RELAY	42

# COAST Winter Swim Meet Schedule of Events

January 21, 2017 Afternoon Session  
Warm-ups not before 12 noon

## Girls Event Numbers

43  
45  
47  
49  
51  
53  
55  
57  
59  
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63  
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67  
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85  
87

11 & 12 200 FREE RELAY  
SENIOR 200 FREE RELAY  
SENIOR 50 FREE  
11 & 12 50 FREE  
13 & 14 50 FREE  
SENIOR 100 FREE  
11 & 12 50 FLY  
13 & 14 100 FLY  
SENIOR 100 FLY  
11 & 12 50 BACK  
13 & 14 100 BACK  
SENIOR 100 BACK  
11 & 12 50 BREAST  
13 & 14 100 BREAST  
SENIOR 100 BREAST  
11 & 12 100 IM  
13 & 14 200 IM  
SENIOR 200 IM  
11 & 12 100 FREE  
13 & 14 100 FREE  
SENIOR 200 FREE  
11 & 12 200 MEDLEY RELAY  
SENIOR 200 MEDLEY RELAY

## Boys event Numbers

44  
46  
48  
50  
52  
54  
56  
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60  
62  
64  
66  
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