

**Baton Rouge Area
Middle School Swim League**
League Information and Participation Guidelines

Requirements

New teams: Schools joining the league must submit a letter of approval from the school principal/school athletic director to participate in meets (this must 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 roster. The insurance policy for the Middle School league only covers swimmers at the Crawfish Aquatics indoor/outdoor pool during the Middle School League swimming and events. Required information for the Roster: Swimmer First/Last Name, Age/Date of Birth, Grade.

Rules, Regulations and General Information

1. 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 in the same season.
2. Each school is required to have a letter of approval from the school principal/school athletic director on file with the league in order to participate in the league and meets (this must grant permission for students to participate under their school name).
3. Each school will have a school representative (can be a teacher or a team parent) that will be responsible for roster management, collection/payment of fees, and meet entries.
4. With the exception of Homeschool students, individuals may not participate in the league without school affiliation. **See homeschool student guidelines for specifics.**
5. 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.

Meet Guidelines

1. Current USA Swimming technical rules and code of regulations will be used for judging (all meets) and scoring (championship meet).
2. All events will be timed finals seeded slowest to fastest.
3. Each swimmer may compete in 2 events at the Kick Off meet, 3 events per regular season meets (maximum of 2 individual events) and 4 events in the Championship meet (maximum of 2 individual events).
4. There is no limit on individual entries per event per team (for all meets in the season)
5. Relay limits: Each team may enter 2 relays (A,B) per event for cluster meets and 1 relay (A) for the Championship Meet.

Fees

1. **Meet Fee:** \$8 per swimmer per meet. This entry fee includes a digital copy of the heat sheet which will be published to the Crawfish Aquatics website and Meet Mobile the Thursday prior to each meet. Meet Fees are due the week following each meet; Championship Meet fees will be due by the day of the Championship meet.
2. **Insurance:** \$10 per swimmer that will participate in a league meet. Due by the week following the first meet.
3. **Payment Guidelines:** Checks payable to Crawfish Aquatics. Payments can be separate checks, but must be turned in together by the team representative for the group, at one time for the team. Teams have the option to pay for all 4 meets at the start of the season, however reimbursements will not be issued for non-participation. If check payments combine insurance and meet fees, document should be attached that details the payment breakdown.
4. Invoices for the meet fees and insurance fee are posted on the "Documents for MS Coaches" page of the Crawfish Aquatics website (Middle School section).

Meet Format

There will be a Kick Off meet for both cluster groups followed by two meets for each of the two Cluster Groups which will have relay events. For the first Cluster Group Meet the 200 Free Relay will be offered and for the Cluster Meet 2 the 200 Medley Relay will be offered (both will be offered at the Championship Meet). The Kick Off and Cluster Meets will not be scored. Swimmers will be ranked under the one single grade division for these meets.

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.

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.

Meet Entry Information

Entries are due by the Tuesday before each meet. Email entry file to meets@crawfishaquatics.com.

Team Manager is required for teams with 5+ athletes. To download Team Manager Lite, (a limited version of Team Manger that is free to download) go to <http://www.hy-tek ltd.com>, "Download Center" (under "Quick Links" on homepage) and go to Team Manager, "Lite".

Helpful Documents: See the Middle School section of the Crawfish Aquatics website, "Documents for MS Coaches" for steps for setting up your team manager database, entering events and meet entries, and adding swimmer result times following a meet.

Order of Events-

"Kick Off" Meet

50 Butterfly
50 Freestyle
50 Breaststroke
50 Backstroke

Order of Events-

Cluster Meets

200 Relay (Free at meet 1, Medley at meet 2)
50 Freestyle
50 Backstroke
50 Breaststroke
50 Butterfly

Championship Meet Grade Division for Events and Event 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 at the Championship meet (relays will be 5th-8th grades, not split). 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 and individual and relay events will be swum as combined grades). Events offered will be the 50 fly, free, breast, back, 100 free, 100 IM, 200 Medley Relay and 200 Free Relay

Parking

Meet Participants are ONLY permitted to park in the Crawfish Aquatics parking lot (off of Anselmo Lane), the Renaissance spillover parking lot or the Advocate parking lot. Meet participants are NOT permitted to park in the front lot off of Bluebonnet (Ketcham Fitness Center), as this parking is for Ketcham Fitness and the other building tenants located in the front of the building.

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 team reps.
- The heat sheet will be posted online (Thursday) prior to each meet for parents to print or download.
- Heat sheets will NOT be sold at the meets.

Team Training/Practice Options

All participant teams are offered practice options at Crawfish Aquatics facility and coaching from Crawfish Aquatics staff. Practices will begin two weeks prior to the Kick Off Meet and run through the end of the season, culminating with the Championship Meet. Contact Crawfish Aquatics for practice information, pricing and registration forms for schools that will utilize this program. Teams are assigned to a 5:30pm or 6:30pm timeslot with practices Monday-Thursday.

Homeschool Student Participation Guidelines

1. These allowances are ONLY available to students that are not enrolled in a public or private school and are homeschool students. Individuals that attend a public/private school that is not a member of the Middle School League may not participate as "unattached", or by individual status. The only students with the option to swim without team affiliation are homeschool students.
2. Homeschool swimmers must be grades 5-8 and between ages 10 (as of August 1) and 14 years of age (must not turn 15 prior to August 1), in the Baton Rouge area may participate. Swimmers that are age 10-11 through July 31 of the competition year will compete in the 5/6th grade division at the Championship Meet. Swimmers that are 12-14 years of age will compete in the 7/8th grade division.
3. Proof of homeschool status may be requested by the MS League Administrators.
4. Three Participation Options:
 - A. If participating by individual status, team name will just be listed as "Homeschool"
 - B. If participating with an organized homeschool team / group/ co-op, group can select a team name for the group. We will not regulate that these individuals practice together, etc. The team must have one representative that will organize the roster, collect and submit payments, collect and submit one entry file per meet for all swimmers on that team.
 - C. If a homeschool student wishes to attach to a league participant school, they must directly contact that school/ team rep and it must follow the LHSAA guidelines that are used for HS Swimming and homeschool swimmer affiliation / attachment. The school AD will give the approval for an individual homeschool student to attach to their school; any team that has a homeschool swimmer attached to it should denote them as such on their team roster turned in at the start of the season. Each individual school can decide whether or not to allow this, provided they use the criteria that the LHSAA uses in the High School Swimming League. The school rep will be responsible for turning in payment for these swimmers also, as well as entries. This option is ONLY available to homeschool students and not for students from a different non-participating school.
5. Note in regard to future High School Swimming participation: There is no carry over of eligibility from the middle school league to CCSL, the high school swim league for Baton Rouge area. That is a separate situation and regulated by LHSAA rules.