



**2024 John DeRoest
Sextathlon Swim Meet**
Sat May 18 & Sun May 19
*Held under the sanction of
USA Swimming, Inc.*



- Sanction No:** 24-066
In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
- Host:** **David Douglas Aquatics Club / Legacy Aquatics**
- Host Facility:** David Douglas Aquatics Center, 13030 SE Taylor Ct. Portland, OR 97233
- Eligibility:** Swimmers must be currently registered with USA Swimming, and must be within the listed age brackets as of May 18, 2024. No on-deck registration shall be permitted.
- Entry Deadline:** Final entry deadline is 8:00 pm on **Friday May 10th, 2024**, and may close sooner if the meet limit is reached. Team Manager Event file will be available on the OSI website. Entries are open to be received on 4/19/24
- Event Limit:** 3 individual events per meet session, 6 events total.
- Meet Limit:** Entries are accepted on a first-come basis. Swimmer capacity TBD by the Meet Director & Meet Referee.
- Entry Fees:** \$18.00 per swimmer surcharge (includes \$3 OSI fee and \$15 facility use fee)
\$2.00 per individual event (includes .50 OSI fee)

Entry fees must be received before the start of the meet. Please send one check per team. Make checks payable to: **David Douglas Aquatics Club**
- Payment Address:** David Douglas Aquatics Club
PO Box 16542
Portland, OR 97292
- Entries:** Please submit a Hytek entry file to coachbobbyddac@gmail.com
YARD TIMES only for seeding. With submission of entries, the coach-team representative attests that all swimmers entered are registered with USA Swimming.
- Meet Format:** All events will be swum as timed finals. Relief breaks in the competition may be added at the discretion of the Meet Referee. Over-the-swimmer starts may be used.
- Facility:** Competition Pool – eight lanes, 7-ft lanes, 25 Yard pool. Depth: The starting block end is 9 feet, the turn end is 3.5 feet. Facility ensures that measurements of the pool are accurate.
- Seating:** Only parents who are timing are allowed in the starting area. The Parent Spectator Area will be in the colored bleachers, the metal bleachers are for swimmers only. The school facility located north of the aquatic center will be available for swimmers and spectators during the event.

- Timing:** Daktronics timing system, horn start, and finish touch pads. Results via electronic scoreboard.
- Each team will be given lane timing assignments based on the number of swimmers entered, sign-ups will be in the pool lobby area.
- Pool Hours:** Pool will be open to meet participants from 7:00 AM until the conclusion of the meet.
- Awards:** Trophies: 1st-12th place in each age group (8&U, 9-10, 11-12, 13&Over). Swimmers must compete in all 6 events to be eligible for a trophy.
Trophy presentation will follow the conclusion of Sunday's competition & inter-tube relays.
- Scoring:** Accumulated time from all 6 events will decide top finishers for each age group. Disqualifications in an event will add 30 seconds to swimmer's time. Accumulated scores will be posted at the conclusion of Saturdays & Sundays events.
- Meetings:** Officials meeting will be held approximately 60 minutes prior to start of each session. Coaches meeting will be held 15 minutes prior to start of each session.
- Meet Referee:** Debbie Laderoute Email: debbie@oregonswimming.org
Admin Official: Anne Stansell Email: annestansell@aol.com
Meet Director: Bobby DeRoest Email: coachbobbyddac@gmail.com
- Schedule:** Saturday May 18 & Sunday May 19 2024
Warm-ups: 7:30–8:45* AM Competition: 9:00 AM
* Designated team warm-up times will be created in advance & sent by 5/17/24.
- 4 Hour Rule:** This meet is planned such that events for 12U's can reasonably be concluded within four (4) hours.
- Concessions:** Concession items will be provided at the facility, located outside the pool area.
- Parking/Camping:** Multiple parking lots are available around the Aquatics Center. There is no camping or RV Parking.
- Rules:** Current USA Swimming and Oregon Swimming, Inc. rules will govern this meet.
- Safety/Restriction:** Current Oregon Swimming Safety Guidelines and warm-up procedures will be in effect. No tobacco products, alcohol, or glass containers are allowed in the facility. Shaving is not allowed in the venue. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Deck changing is prohibited. Cell phones or other recording devices are not allowed behind the blocks.
- Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing racing starts 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.

Unaccompanied swimmers must be assigned a coach BEFORE the swimmer may enter the water for warm-ups or competition. It is the swimmers responsibility to arrange, please notify the Meet Director or Referee if assistance is needed.

MAAPP: All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Medical: Medical facilities available at the facility, lifeguards will be on duty throughout the event.

Tech Suits: No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

Officials: To ensure the sanction of this event and the validity of the competitor swim times, teams must provide certified officials. Officials please use the link below before Wed 5/8 their declaration of officiating the event. Certification of officials must be on display while they are officiating the meet.

Officials Sign-Up link: <https://forms.gle/uTP8CxPR64uJMArY6>

Hospitality: Hospitality Room will be provided for coaches and officials throughout the meet in the pool lobby office.

Order of Events for Saturday:

Warm Up: 7:30 – 8:45 AM / Meet Start: 9:00 AM

	Girls	Event	Boys	
1	13&Over	200 Freestyle	13&Over	2
3	8&Under	50 Freestyle	8&Under	4
5	9-10	100 Freestyle	9-10	6
7	11-12	100 Freestyle	11-12	8
9	13&Over	100 Butterfly	13&Over	10
11	8&Under	25 Butterfly	8&Under	12
13	9-10	50 Butterfly	9-10	14
15	11-12	50 Butterfly	11-12	16
17	8&Under	25 Backstroke	8&Under	18
19	9-10	50 Backstroke	9-10	20
21	11-12	50 Backstroke	11-12	22
23	13&Over	100 Backstroke	13&Over	24

Order of Events for Sunday:

Warm Up: 7:30 – 8:45 AM / Meet Start: 9:00 AM

	Girls	Events	Boys	
25	13&Over	200 Individual Medley	13&Over	26
27	8 & Under	100 Individual Medley	8 & Under	28
29	9-10	100 Individual Medley	9-10	30
31	11-12	100 Individual Medley	11-12	32
33	13&Over	100 Breaststroke	13&Over	34
35	8&Under	25 Breaststroke	8&Under	36
37	9-10	50 Breaststroke	9-10	38
39	11-12	50 Breaststroke	11-12	40
41	8&Under	25 Freestyle	8&Under	42
43	9-10	50 Freestyle	9-10	44
45	11-12	50 Freestyle	11-12	46
47	13&Over	50 Freestyle	13&Over	48

Inner-Tube Relays will begin at conclusion of event #48.

Sign-Ups for Inner-Tube Relays will be Sunday from 9am-12pm.

Trophy Presentation for top-12 finishers will begin after conclusion of Inner-Tube Relays