



**Forest Grove Christmas Invitational**  
Friday, Saturday and Sunday, December 8th-10th, 2023  
Hosted by Forest Grove Swim Club  
Held under the sanction of USA Swimming  
Sanctioned by Oregon Swimming

**Sanction Number:** **23-121**  
In applying for this sanction, the Forest Grove Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Oregon Swimming, the State of Oregon, and the City of Forest Grove.

In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming, and the Forest Grove Swim Club 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.

**Meet Referee:** Mark Rieniets  
Email: [rieniets@gmail.com](mailto:rieniets@gmail.com)

**Admin. Official:** Judus Floratos  
Email: [judus.floratos@gmail.com](mailto:judus.floratos@gmail.com)

**Meet Director:** Kim Jennings  
Email: [fgsmeetmgr@gmail.com](mailto:fgsmeetmgr@gmail.com)

**Host:** **Forest Grove Swim Club**

**Location:** Forest Grove Aquatic Center  
2300 Sunset Dr  
Forest Grove, OR 97116  
(503) 992-3238

**Directions:** **From Portland:** Head Westbound on HWY 26 to HWY 6. HWY 6 to Banks Exit, Head South on HWY 47, stay on HWY 47 to Sunset Drive. Take a right on Sunset Drive. The pool is on the West side of Sunset Drive.

**Facility:** Indoor, 25 yd. pool with six lanes, non-turbulence lane lines and overflow gutters. All events will have a 5 ½ ft. starting depth and is 11 ft. on the turns. Adaptive access is by ladders at both ends of the pool. Open pool deck areas, specifically marked on the day of the meet are available for swimmers, coaches and officials only. The competition course has not been certified in accordance with 104.2.2C(4). Daktronics timing system, horn start, finish touch-pads and dual button backup and Keifer Intrepid starting blocks. Results via Daktronics display board.

The shallow end of the competition pool will be available Friday, Saturday PM and Sunday PM sessions for warm up and cool down purposes only. **The small pool and hot tub will be CLOSED.**

**Parking:** Parking is available. There is no camping or RV parking. Limited off-street parking is available at the pool and on the east and north sides of Pacific University's Sports Complex. On street parking is available east of Sunset Drive on side streets and at Gray & Company parking lot off of 23<sup>rd</sup>, one block east of the pool.

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**Entry Details:** Swimmers may enter a maximum of one individual event on Friday, and six individual events for Saturday and Sunday sessions combined, with no more than four individual events on any day, excluding one relay entry per day. Entries will be limited to a maximum of 325 swimmers.

**Positive check in will be required for All individual events 400 yards and over.** Check in deadline will be the start of the warm-up period for that session. Positive check in will be located at Clerk of Course.

**Entries will be accepted starting at 9:00 AM, FRIDAY November 10th, 2023** and in order of submission until such time as the session/meet is full or the entry deadline is reached. Submit yard times only for seeding. Submit entries on Hy-Tek software by email. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.

**ALL Entries must be received before 6:00 PM Friday November 17th<sup>h</sup>, 2023** A check made out to Forest Grove Swim Club for the full amount of the entry & event fees will be accepted **in hand no later than DEC 09, 2023.** If you wish to send payment via mail, please Send to: FGSC Attn: Meet Director, P.O. Box 242, Forest Grove, OR 97116

A 4-hour limit per day will be observed and planned from the beginning to the end of all 12 and under sessions. At the Meet Referee's discretion, breaks may be inserted in the meet to provide adequate recovery for athletes between events or for any other reason the Referee sees fit to address.

*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." (Section 202.4.9D)*

**Officials & Timers:** Priority for entries will be given to those teams committing to provide officials. With your entries, please provide the names of the officials committed to each session. please email [fgscmeetmgr@gmail.com](mailto:fgscmeetmgr@gmail.com)

**\*The meet director and referee retain the right to accept entries out of order to ensure a complement of officials.**

**Each team will be given lane-timing assignments. Please have volunteers sign up on the list at Clerk of Course Table.**

**Entry File:** Please submit a Hytek entry file to Kim Jennings at [fgscmeetmgr@gmail.com](mailto:fgscmeetmgr@gmail.com) with YARD TIMES only for seeding. With submission of entries, the coach-team representative attests that all swimmers entered are registered with USA Swimming. We **will** accept **No Times. To assist with the timeline of the meet, estimated times are appreciated .**

**Relays:** If any changes occur with relay names, please submit an updated relay slip at the clerk of course before warm-ups.

**Timing:** Daktronics timing system, horn start, and finish touch pads with dual button backup. Keifer Intrepid starting blocks. Results via electronic scoreboard.  
This is a timed finals meet. This is an INVITATIONAL meet.

<b>Draft Schedule:</b>	<u>Warm-ups:</u>	<u>Timed Finals:</u>
<b>Friday:</b>	5:00-5:45 PM	6:00 PM
<b>Saturday &amp; Sunday AM Sessions:</b>	7:30-8:30 AM	8:45 AM
<b>Saturday PM Sessions:</b>	11:30-12:30 PM	12:45 PM
<b>Sunday PM Sessions:</b>	11:30 AM-12:30 PM	12:45 PM

*\*\*Please note: Times are subject to change depending on the number of entries.*

**Deck Access:** Coaches and officials must have valid USA Swimming credentials available at all times while on deck. Spectators and parents are restricted to designated spectator seating areas.

**Seating:** Only those volunteers who are timing are allowed in the starting area.  
**SWIMMERS AND COACHES ARE PERMITTED AT THE START END OF THE POOL and in their own designated Team marked areas.** Spectators and parents are restricted to designated spectator seating areas.  
(diagram will be provided once finalized)

**Hospitality:** Coaches and officials are invited to enjoy the hospitality provided for them by the parents and sponsors of the Forest Grove Swim Club.

**On-site amenities:**

- concessions (**Cash and CC will be accepted**)
- LockerRooms are for Athletes only-
- Restrooms for spectators and non-athletes are located in the Hallways
- water bottle refill stations outside of locker rooms
- Vendors
  - EBI Meet T-Shirt printer

**Line-Up & Bullpen:**

Guided athlete line-up provided with (2) gatekeepers and Bullpen will be provided for swimmers 8 & under in the same area (diagram will be provided once finalized)

**Awards:**

Ribbons will be given to the top six finishers and top three relay finishers in each individual event by age group & gender. Heat winners will receive their award at the end of each heat

**Scoring:**

Scoring will be based on twelve individual places (16-13-12-11-10-9-7-5-4-3-2-1) in each of the following age groups: 8 & under, 9-10, 11-12, 13-14, 15 & over, for each event and six places (14-10-8-6-4-2) in relay events. Only "A" relays will be scored.

**Meetings:**

Coaches meetings will be held 15 minutes prior to the start of the meet on Friday and both Saturday sessions. Subsequent coaches meetings will be at the discretion of the Meet Referee. Officials meetings will be held 1 hour prior to the start time.

**Rules:**

Current USA Swimming and OSI Rules will govern. OSI Safety Guidelines and Warm-up Procedures will be strictly enforced.

**The following scratch rules will apply:**

1. For deck seeded events, coaches are responsible for providing positive check-in of swimmers no later than the start of warm-ups for that session on Friday, Saturday AM/PM and Sunday AM/PM. Positive Check in is located at Clerk of course.
2. After the heats have been seeded, all positive check-in swimmers who fail to compete in an individual event will be barred from his/her next individual event.

**Exceptions for failure to compete:** No penalty shall apply for failure to withdraw or compete in an individual event if:

1. The Referee is notified in the event of illness or injury and accepts the proof.
2. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**Restrictions:**

No technical suit may be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned, approved or observed meet. 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. Photography is not allowed behind the blocks. Operations of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator

areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**No Coach:**

For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmer's responsibility to arrange for a certified coach to be responsible for the swimmer. This must be done BEFORE the swimmer can enter the water for warm-ups or competition. Upon arrival at the meet, please see the Meet Director or the Meet Referee if assistance is needed.

**Safety:**

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. 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.

**Medical Safety:** Lifeguards will be on deck, first aid room, first aid kit, and AED

**2023 FGSC CHRISTMAS INVITATIONAL EVENTS**

*\* Will be swum fastest to slowest \*\* Will be deck seeded*

**FRIDAY - SESSION 1 EVENTS**

<u>Mixed:</u>	<u>Age:</u>	<u>Event:</u>
1	12 & under	500 Free*, **
2	Open	1650 Free*, **

**SATURDAY AM - SESSION 2 EVENTS**

<u>Girls:</u>	<u>Age:</u>	<u>Event:</u>	<u>Boys:</u>
3	12 & under	100 Free	4
5	8 & under	25 Free	6
7	12 & under	100 IM	8
9	8 & under	25 Breasts	10
11	12 & under	50 Fly	12
13	12 & under	100 Breast	14
15	12 & under	50 Back	16
17	8 & Under Mixed	100 Medley Relay	
18	12& Under Mixed	200 Medley Relay	

**SATURDAY PM - SESSION 3 EVENTS**

Girls:	Age:	Event:	Boys:
19	OPEN	200 IM	20
21	OPEN	100 Back	22
23	OPEN	50 Free	24
25	OPEN	200 Fly	26
27	OPEN	100 Breast	28
29	OPEN	500 Free *,**	30
31	Open Mixed	200 Medley Relay	

**SUNDAY AM - SESSION 4 EVENTS**

Girls:	Age:	Event:	Boys:
32	12 & under	50 Free	33
34	8 & under	25 Fly	35
36	12 & under	100 Fly	37
38	12 & under	200 Free	39
40	8 & under	25 Back	41
42	12 & under	50 Breast	43
44	12 & under	100 Back	45
46	8 & under Mixed	100 Free Relay	
47	12 & under Free Mixed	200 Free Relay	

**SUNDAY PM - SESSION 5 EVENTS**

Girls:	Age:	Event:	Boys:
48	OPEN	200 Free	49
50	OPEN	200 Back	51
52	OPEN	100 Fly	53
54	OPEN	100 Free	55
56	OPEN	200 Breast	57
58	OPEN	400 IM *,**	59
60	OPEN Mixed	200 Free Relay	

**ENTRY FEE CALCULATIONS**

<b>Fees</b>	<b>INDIVIDUAL EVENTS</b>	<b>RELAY EVENTS</b>	<b>ATHLETE SURCHARGE</b>
<b>OSI</b> FEES PAID TO OREGON SWIMMING	\$0.50	\$2.00	\$3.00
<b>FGSC</b> EVENT FEES FOR MEET EXPENSES	\$4.00	\$10.00	N/A
<b>FACILITY FEES</b> PAID TO FOREST GROVE AQUATIC CENTER	N/A	N/A	\$15.00
<b>TOTAL MEET FEES</b>	\$4.50	\$12.00	\$18.00