



# 2023 OR HEAT Age Group Jubilee December 15-17, 2023

Hosted by Hillsboro Swim Team  
SCY – Qualifying Time Standards Included  
Prelim/Final – Ages 10-14

## SANCTION # 23-112

**Held under the sanction of USA Swimming, Inc.** In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming and Hillsboro Swim Team 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

Chad Vassallo  
chad.vassallo@frontier.com

### ADMIN OFFICIAL

Anne Stansell  
annestansell@aol.com

### MEET DIRECTOR

Elaine Heasley  
meetdirector@hillsboroheat.org

Schedule	Sessions	Warm-ups	Positive Check-in	Session Start
Friday, December 15	1) Timed Finals	4:00 pm	N/A	5:00 pm
	2) Prelims	7:00 am	7:15 am	8:00 am
Saturday, December 16	3) Finals*	3:30 pm	N/A	4:30 pm
	4) Prelims	7:00 am	7:15 am	8:00 am
Sunday, December 17	5) Finals*	3:30 pm	N/A	4:30 pm

*\*Warm-ups/start times for sessions 3 and 5 will be confirmed the week prior to the meet. Warm-ups for finals may be held in the outdoor pool, depending on overall meet timeline.*

### LOCATION

Shute Park Aquatic and Recreation Center (SHARC)  
953 SE Maple St  
Hillsboro, OR 97123  
503.681.6127

### PARKING

A drop-off zone is available at the facility entrance off Maple St. Street parking is available surrounding the recreational complex on Maple St, 9<sup>th</sup> Ave and Cedar St. There are two additional parking lots: across the street from the facility off 9<sup>th</sup> Ave, and at the south end of Shute Park off SE 10<sup>th</sup> Ave/TV Hwy. NO parking in the library parking lot, Carl’s Jr parking lot or in marked spots for meet officials/volunteers.

### ONSITE AMENITIES

- T-shirt Vendor: in SHARC lobby - custom meet t-shirts by Events by Idea.
- Arena Vendor: suits and gear available to purchase on pool deck.
- Concessions: located in classroom behind starting blocks. CASH and ZELLE payments only.
- Hospitality Room: for Coaches/Officials, located in classroom off pool deck.
- Results: on Meet Mobile and posted for viewing in lobby.
- Locker rooms for athletes. Lobby restrooms and family changing rooms for non-athletes.
- Water-bottle filling stations outside locker rooms.



## **FACILITY**

Indoor, heated, 25-yard, 6-lane pool and Colorado automatic timing system. Starting-block end from 5 feet to 5 ½ feet deep. Shallow end 3 ½ feet deep. The competition course has not been certified in accordance with 104.2.2C(4). Access areas are available for adaptive swimmers. Also available is a 25-yard outdoor pool for warm-up and warm-down.

Limited bleacher seating is available for spectators. Chairs may be set up in marked areas indoors or on the outdoor deck. Belongings MAY NOT be left on deck between sessions or overnight. Neither the SHARC nor the HEAT is responsible for anything moved, lost, stolen, etc. Anything left on deck after the meet will be placed in the meet's lost and found.

Locker rooms are available for athletes. Lobby restrooms and family changing rooms are available for non-athletes. A deck restroom is also reserved for coaches and officials.

## **LOST AND FOUND**

Located on the table in the hallway between the Concessions and Hospitality Rooms. Please also inquire at the SHARC front desk for items left in the locker rooms.

## **RULES & SAFETY**

Current USA Swimming rules will govern this meet. Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect.

In order to be on deck and serve in their official capacity, all coaches, officials and any other person, required by sanction to be members of USA Swimming, shall have their current membership credentials available to show, on the USA Swimming app or by hard copy, if requested.

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

**Locker Rooms/Restrooms:** Locker rooms are available for athletes. Lobby restrooms and family changing rooms are available for non-athletes. A deck restroom is reserved for coaches and officials.

**Swimwear:** USA Swimming Rule 102.8.1F - No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

**Medical Supervision:** Shute Park Aquatic & Recreation Center (SHARC) provides lifeguards for both indoor and outdoor pools during the entirety of the meet. Lifeguards are certified in First Aid, CPR, Emergency Oxygen and AED, which are available on site. A facility supervisor is also on duty at all times and is a certified lifeguard. SHARC staff will call 911 should a situation require additional medical assistance.

## **RESTRICTIONS**

Tobacco products of any kind, alcoholic beverages and glass containers are not allowed in the swimming venue. The following areas are off-limits to swimmers and spectators: deep end adjacent to competition pool, warm-water pool, hot tub, sauna, or any other area posted as restricted. No shaving permitted on the premises. Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or lockers rooms. Photography/video is prohibited behind the starting blocks. No flash photography allowed except by the express permission of the Meet Referee. No video or other photography in or over the water, such as with a GoPro-type device. 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.

## **MEDIA NOTICE**

This meet may be live streamed and/or covered by the media, including photographs, video, social media and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

## **OFFICIALS**

Entry into this meet implies your team will provide officials, unless arranged otherwise. Trainees are welcome during timed finals and prelims. Officials, please notify the Meet Director and Meet Referee with which sessions you're available.

Uniform: white polo-style shirt, black pants/shorts/skirt, black socks, black closed-toe shoes, black belt.

For finals: long black pants/long skirt.

## **MEETINGS**

Officials' meetings are held 45 minutes prior to the start of each session.

Coaches' meetings are held 15 minutes prior to the start of each session.

## **HEAT SHEETS**

Friday's timed finals heat sheets will be emailed to coaches prior to the meet and posted on the HEAT's website.

Once positive check-ins and deck-seeding are completed for prelims, heat sheets will be available:

- Printed copies in the Hospitality room for Coaches/Officials.
- Posted on deck and in the lobby for viewing by swimmers and spectators.
- Meet Mobile for free.
- Printed copies at the Clerk of Course for free (upon request only).

## **TIMERS**

Friday night – swimmers must provide their own timers/counter for the 500 FR or 400 IM.

Sign-ups for lane timing on Saturday/Sunday will be posted on the wall behind the starting blocks. (Check with Clerk of Course to sign up in advance for upcoming sessions.) Anyone, 14 & older, from any team, may lane time.

## **SCORING**

Individual timed finals/finals scored by age groups: 10-12 or 11-12, 13-14.

A Final: 1<sup>st</sup> – 6<sup>th</sup> place: 16 – 13 – 12 – 11 – 10 – 9

B Final: 7<sup>th</sup> – 12<sup>th</sup> place: 7 – 5 – 4 – 3 – 2 – 1

Relays: 1<sup>st</sup> – 6<sup>th</sup> place: 32 – 26 – 24 – 22 – 20 – 18

## **AWARDS**

Per individual event and age group for timed finals/finals: 10-12 or 11-12, 13-14.

1<sup>st</sup> – 3<sup>rd</sup> place medals, 4<sup>th</sup> – 12<sup>th</sup> place ribbons

Per relay event and age group: 10-12, 13-14.

1<sup>st</sup> – 3<sup>rd</sup> place medals, 4<sup>th</sup> – 6<sup>th</sup> place ribbons

Per team: 1<sup>st</sup> – 3<sup>rd</sup> place trophies.

High Point Award for top scoring girl and boy from each age group: 10-12, 13-14.

Heat-winner prizes provided during prelims.

## **FORMAT**

This meet is SCY for 10-14-year-olds who meet the qualifying time standards. Friday night's events are timed finals and pre-seeded. Saturday/Sunday events are prelim/finals and deck-seeded. Relays are timed finals and swum at the end of finals. The top 12 fastest swimmers in each prelim event, by age group, advance to the final. Two alternates are named for each event final. Alternates who want the potential chance to swim in finals should be ready and wait near the Meet Referee for further instructions. Alternates who do not attend finals are not penalized. Finals are swum in event order and broken out by age group. A-finalists report to the Ready Room. Following each B final, A-finalists are led out to the blocks as a group and are announced before racing. Breaks may be added into the schedule, and heats may be combined, at the discretion of the Meet Referee.

## POSITIVE CHECK-IN

Prelim events on Saturday/Sunday are deck-seeded. Positive check-in is required for all swimmers in prelim events. Coaches may pick up check-in sheets at the Clerk of Course and must return them to the Clerk of Course or ET desk, 45 minutes before the start of the session. Swimmers not positively checked in by the required time will not be seeded and will not swim. **If an athlete fails to compete in an individual prelim event for which they were positively checked in, the athlete will be removed from their next event, be it individual prelim, final or relay.** The penalty may be avoided by providing a Declared False Start to the Meet Referee.

## SCRATCHES

Swimmers have 30 minutes to declare their intent to scratch from finals, with the Clerk of Course, after the prelim results are announced. Declaring intent to scratch gives swimmers until 30 minutes after their last event's results are announced to turn in a final decision. **If a finalist does not scratch from finals and misses their event, they will be removed from their next event, be it final, relay or individual prelim.** Swimmers who intend to swim in finals do not need to report to the Clerk of Course. Once the scratch window has closed for an event, the finalists are posted.

## MEET LIMIT

Approximately 220 swimmers per session. Entries are on a first come, first entered basis. The USA Swimming four-hour rule will be planned for as much as possible. Events may be canceled by the referee to comply with the time limit, though all options to avoid this will be considered.

## ELIGIBILITY

Swimmers must be currently registered with USA Swimming. No on-deck registrations are permitted. Only swimmers of invited teams are eligible. All swimmers must be supervised by a USA Swimming certified coach at the meet. If they do not have one, they must report to the Clerk of Course or Meet Director prior to warm-ups to be assigned one. 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.

The age-up date is the first day of the meet. Only 10-14-year-olds who meet the qualifying standards are eligible.

## ENTRIES

Please submit YARD times only for seeding. "NT" entries will not be accepted. If time is unknown, a best estimate is required. Swimmers must be entered in the meet as individuals in order to participate on a relay. With the exception of individual bonus swims, clearly identified as such, entries must meet the qualifying times in the meet info. Swimmers must have met the qualifying times in a USA Swimming sanctioned, approved or observed competition between September 1, 2022, and the entry deadline. Entries which do not meet these standards will be scratched without notification and entry fees will not be refunded. All entries must be submitted electronically via email. Swimmers' ages and USA Swimming registration numbers must be included.

*Please email:* Hy-Tek compatible Entry File (zipped)

*Please mail:* Meet Entry Fees Report and Full Payment, by the payment deadline.

## ENTRY LIMIT

Swimmers may enter one (1) event on Friday, and a maximum of three (3) individual events plus one (1) relay per day, on Saturday and Sunday, for a total of nine (9) events, including qualified events and bonus events.

## BONUS EVENTS

A swimmer qualified and entered in one or more individual events may also enter a maximum of two (2) bonus events, subject to the entry limit. A bonus event must be entered with the swimmer's best-achieved time or best estimate. "NT" will not be accepted. Bonus events must be clearly identified in submitted entries.

**ENTRY FEES** (no refunds for entries not swum)

<b>Fees</b>	<b>Individual Events</b>	<b>Relay Events</b>	<b>Athlete Surcharges</b>
<b>OSI</b> Splash fees paid to Oregon Swimming.	\$0.50	\$2.00	\$3.00
<b>HEAT</b> Event fees for meet expenses.	\$6.00	\$10.00	N/A
<b>Facility</b> For SHARC rental expenses.	N/A	N/A	\$7.00
<b>TOTAL</b>	<b>\$6.50</b>	<b>\$12.00</b>	<b>\$10.00</b>

**ENTRY DEADLINE**

Entries will be accepted beginning on **Monday, November 27, at noon**, on a first come, first entered basis.

Entry deadline is **Thursday, November 30, at midnight**.

On-deck additions or changes are not allowed unless approved by the meet referee.

**PAYMENT DEADLINE**

**Friday, December 8.** Please submit a Meet Entry Fees Report and payment by this date.

**SUBMIT ENTRIES & PAYMENT TO**

Hillsboro Swim Team

c/o Meet Director

PO Box 893

Hillsboro, OR 97123

meetdirector@hillsboroheat.org

*Please make checks payable to Hillsboro Swim Team or HST.*

*No credits of refunds will be given for entries not swum.*



# Order of Events

## Friday, December 15, 2023

<b>Session 1</b> (Timed Finals/Pre-seeded)			<b>500 FR/400 IM (pre-seeded):</b> 500 FR is swum as fastest two heats of 10-14 girls, then fastest two heats of 10-14 boys; followed by alternating heats, girls and boys, fastest to slowest. 400 IM is swum as fastest two heats of 11-14 girls, then fastest two heats of 11-14 boys; followed by alternating heats, girls and boys, fastest to slowest. Results are by age groups: 10-12 or 11-12 and 13-14.
Warm-ups: <b>4:00 pm</b> - Timed Finals: <b>5:00 pm</b>			
<b>Girls</b>	<b>Events</b>	<b>Boys</b>	
1	10-14 500 FR	2	
3	11-14 400 IM	4	

## Saturday, December 16, 2023

<b>Session 2</b> (Prelims/Deck-seeded)		
Positive Check-in: by <b>7:15 am</b>		
Warm-ups: <b>7:00 am</b> - Prelims: <b>8:00 am</b>		
<b>Session 3</b> (Finals)		
Warm-ups: <b>3:30 pm</b> - Finals: <b>4:30 pm</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
5	11-14 200 BR*	6
7	10-14 100 FL**	8
9	10-12 50 BR	10
11	11-14 200 BK*	12
13	10-14 100 FR**	14
15	10-12 50 BK	16
17	10-14 200 IM**	18
19	10-12 200 FR Relay***	20
21	13-14 200 FR Relay***	22

## Sunday, December 17, 2023

<b>Session 4</b> (Prelims/Deck-seeded)		
Positive Check-in: by <b>7:15 am</b>		
Warm-ups: <b>7:00 am</b> - Prelims: <b>8:00 am</b>		
<b>Session 5</b> (Finals)		
Warm-ups: <b>3:30 pm</b> - Finals: <b>4:30 pm</b>		
<b>Girls</b>	<b>Events</b>	<b>Boys</b>
23	10-12 100 IM	24
25	10-14 100 BK**	26
27	10-14 50 FR**	28
29	11-14 200 FL*	30
31	10-14 100 BR**	32
33	10-12 50 FL	34
35	10-14 200 FR**	36
37	10-12 200 Med Relay***	38
39	13-14 200 Med Relay***	40

\*Although swum together in prelims, these events are separated out in finals with an A final and B final for both the 11-12 and 13-14 age groups.

\*\*Although swum together in prelims, these events are separated out in finals with an A final and B final for both the 10-12 and 13-14 age groups.

\*\*\*Relays are timed finals and swum at the end of finals.



## Qualifying Time Standards

### 2023 Jubilee

#### 10-12 Girls

50 FR	33.49
100 FR	1:13.99
200 FR	2:42.39
500 FR	7:15.19
50 BK	38.89
100 BK	1:25.09
50 BR	44.39
100 BR	1:37.49
50 FL	38.09
100 FL	1:29.79
100 IM	1:24.39
200 IM	3:05.09

OSI 11-yr-old B times

#### 10-12 Boys

50 FR	34.39
100 FR	1:14.29
200 FR	2:49.39
500 FR	7:17.49
50 BK	41.09
100 BK	1:28.39
50 BR	46.19
100 BR	1:43.09
50 FL	39.49
100 FL	1:33.29
100 IM	1:27.89
200 IM	3:13.49

OSI 11-yr-old B times

#### 11-12 Girls

200 BK	2:57.09
200 BR	3:21.39
200 FL	3:12.19
400 IM	6:10.79

OSI 11-yr-old B times + 15

#### 11-12 Boys

200 BK	2:57.39
200 BR	3:20.89
200 FL	3:21.79
400 IM	6:08.49

OSI 11-yr-old B times + 15

#### 13-14 Girls

50 FR	30.59
100 FR	1:06.39
200 FR	2:25.09
500 FR	6:32.49
100 BK	1:15.59
200 BK	2:42.09
100 BR	1:26.79
200 BR	3:06.39
100 FL	1:16.59
200 FL	2:57.19
200 IM	2:45.29
400 IM	5:55.79

OSI 13-yr-old B times

#### 13-14 Boys

50 FR	29.39
100 FR	1:04.29
200 FR	2:20.09
500 FR	6:29.69
100 BK	1:15.09
200 BK	2:42.39
100 BR	1:24.19
200 BR	3:05.89
100 FL	1:14.69
200 FL	3:06.79
200 IM	2:43.39
400 IM	5:53.49

OSI 13-yr-old B times