



2023 OR HEAT Winter Invitational December 16-17, 2023

Hosted by Hillsboro Swim Team
SCY - Timed Finals - A/B/C
14 & Under

SANCTION # 23-111

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

Judi Creech
jjjccreech@comcast.net

ADMIN OFFICIAL

Chad Vassallo
chad.vassallo@frontier.com

MEET DIRECTOR

Elaine Heasley
meetdirector@hillsboroheat.org

Schedule	Sessions	Warm-ups	Session Start
Saturday, December 16	1) 14 & Under	11:00 am	12:00 pm
Sunday, December 17	2) 14 & Under	11:00 am	12:00 pm

NOTE: Warm-ups/Session start times will be confirmed the week prior to the meet. Warm-ups may be held in the outdoor pool, depending on overall meet timeline, and taking into account the schedule of the Jubilee meet. Warm-ups usually begin between 11:00 am and 12:00 pm, with the session starting 1 hour later.

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, 9th Ave and Cedar St. There are two additional parking lots: across the street from the facility off 9th Ave, and at the south end of Shute Park off SE 10th 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.
- Bull Pen: for 8 & Under athletes in 8 & Under events: #1/2, 7/8, 17/18, 25/26.

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 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. If you plan to officiate at this meet, please notify the Meet Director and Referee with which sessions you're available.

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

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

Heat sheets will be provided in the following formats:

- Emailed to the coaches for team distribution, the week prior to the meet.
- Posted on the HEAT's website.
- 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

Sign-ups for lane timing 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 be a lane timer.

AWARDS

1st – 12th place ribbons per individual event and age group: 8&U, 9-10, 11-12, 13-14.

Heat-winner prizes will also be provided.

FORMAT

This meet is SCY, timed finals, A/B/C for 14 & Unders. All events are pre-seeded and will run slowest to fastest. Breaks may be added into the schedule, and heats may be combined, at the discretion of the Meet Referee.

MEET LIMIT

Approximately 240 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 14 & Unders are eligible.

ENTRY LIMIT

Swimmers may enter a maximum of three (3) events per day on Saturday and Sunday, for a total of six (6).



ENTRIES

Please submit YARD times only for seeding. "NT" entries will not be accepted. If time is unknown, a best estimate is required. 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 FEES (no refunds for entries not swum)

Fees	Individual Events	Athlete Surcharges
OSI Splash fees paid to Oregon Swimming.	\$0.50	\$3.00
HEAT Event fees for meet expenses.	\$4.50	N/A
Facility For SHARC rental expenses.	N/A	\$3.00
TOTAL	\$5.00	\$6.00

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 or refunds will be given for entries not swum.*



Order of Events

Saturday December 16, 2023

Session 1		
Girls	Events	Boys
1	8 & Under 25 BR	2
3	14 & Under 100 FL	4
5	12 & Under 50 BR	6
7	8 & Under 25 BK	8
9	14 & Under 100 FR	10
11	12 & Under 50 BK	12
13	12 & Under 200 IM	14
15	13-14 200 IM	16

Sunday December 17, 2023

Session 2		
Girls	Events	Boys
17	8 & Under 25 FR	18
19	12 & Under 100 IM	20
21	14 & Under 100 BK	22
23	14 & Under 50 FR	24
25	8 & Under 25 FL	26
27	14 & Under 100 BR	28
29	12 & Under 50 FL	30
31	12 & Under 200 FR	32
33	13-14 200 FR	34