

**Lake Oswego Swim Club
2023 LOSC / CST DUAL
A/B/C AGE GROUP/SENIOR
November 11th, 2023**



Held under the sanction of USA Swimming, Inc. In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming, Lake Oswego Swim Club, and Chehalem 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.

Sanction: 23-119, Time Trials: 23-120

Location: Chehalem Aquatic Center
1802 Haworth Ave, Newberg, OR 97132
Phone 503-538-7454

Eligibility: Swimmers must be currently registered with USA Swimming. NO ON DECK REGISTRATION SHALL BE PERMITTED. Swimmers must be within the listed age brackets as of November 11th, 2023.

Entry Deadline: **Entries must be received by 9:00 PM November 5th, 2023.** Late entries may be accepted on case by case bases, contact the meet referee.

Entry Limit: Athletes may enter a maximum of three (3) individual events and (2) time trial events.

Entry Fees: Facility Fee: \$10.00
* PDF version heat sheet to be emailed to head coaches for team distribution. Coaches will receive PDF heat sheet by November 10th, 2023 Paper copies will be made available for coaches and officials.

Email entry file to: *Judi Creech jjjjcreech@comcast.net*

Entries:

1. Submit YARD TIMES ONLY for seeding. NTs are NOT acceptable.
2. E-mail entries in a Hy-Tek formatted file. Entry fees due November 11th, 2023 at the pool, check made out to CST. Please include entry fees and a printout of Hy-Tek entries.
3. With submission of entries the coach/team representative attests that all swimmers are entered are registered with USA Swimming.
4. 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.

No Coach Present: N/A

Facility: Indoor, 8 lane 25 yard competition stretch pool with a movable bulkhead, non-turbulent lane lines, and level gutters. All events will have a starting depth of 6'7" and a turn end depth of 6'7"ft. 25 yard events will start from the bulkhead and finish at the block end (6'7" ft. depth). A Daktronics timing system, with pads at the block end of the pool and horn starter, is used for the primary timing system,

with dual manual buttons for the secondary and watches for the tertiary. Adaptive access is by ladders at both ends of the pool. The competition course has not been certified in accordance with 104.2.2C(4). Warm-up area behind the bulkhead will be available to swimmers at the discretion of the meet referee. **There is to be no diving or starts in the warm up pool.**

- Restrictions:** TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. NO SHAVING PERMITTED IN THE SWIMMING VENUE. No Drones are permitted in the facility. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Photography is not allowed behind the blocks during the start of a race or relay exchange.
- Tech Suit:** No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.
- Times:** Saturday AM warm-ups: 9:00 AM – 9:45 AM
Timed finals 10:00 AM
Time Trials: may be offered at the conclusion of the session.
- 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 the competition.
- Rules:** Current USA Swimming and Oregon Swimming, Inc. rules will govern this meet.
- Safety:** Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced. REFER TO SECTION IX ENCLOSURE BELOW.
- Medical Supervision:** Lifeguards, facility is equipped with 2 AED devices, community EMS, 911 services.
- Bull Pen:** NONE
- Awards:** NONE
- Scoring:** NONE
- Meetings:** Officials' meeting 9:15 AM. Coaches' meeting 9:45 AM.
- Officials:** If you will be attending this meet, please notify Ray Jentges ray941@hotmail.com. Uniform is white polo over black pants/shorts/skort with black socks and shoes.
- Meet Referee:** Ray Jentges ray941@hotmail.com
- Meet Director:** Emily Melina emily.melina7@gmail.com
Administrative Referee: Judi Creech jjjcreech@comcast.net

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Session 1 Open Mixed SCY Events - swum slowest to fastest. Time trials may be offered

- 1 - 500 Free
- 2 - 100 Free
- 3 - 200 Backstroke
- 4 - 200 Fly
- 5 - 200 Breaststroke
- 6 - 200 IM
- 7 - 200 Free
- 8 - 100 Backstroke
- 9 - 100 Fly
- 10 - 100 Breaststroke
- 11 - 50 Free
- 12 - 400 IM

Entry Fee Summary

Team Name _____

Total Oregon Swimming Inc. Surcharge _____ @ \$3.00 each = _____

Facility Fee _____ @ \$10.00 each = _____

Total Individual Entries _____ @ \$6.50 each = _____

Total Relay Entries _____ @ \$15.00 each = _____

Total Team Fees _____

Section IX – Safety Guidelines and Warm-up Procedures

a. Warm-up Procedures

1. General Warm-up (First 30-45 minutes)

- a. NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.
- b. No sprinting (racing starts) allowed during this general warm-up session.
- c. All lanes to be used for general warm-ups.

2. Specific Warm-ups (last 30-45 minutes)

RECOMMENDED LANE USE

POOL PUSH/PACE RACING

STARTS

GENERAL

WARM-UP

6 LANE 2 & 5 1 & 6 3 & 4

8 LANE 2 & 7 1 & 8 3, 4, 5, & 6

9 LANE 2 & 8 1 & 9 3, 4, 5, 6, & 7

10 LANE 2 & 9 1 & 10 3, 4, 5, 6, 7, & 8

- a. Push/Pace Lanes- Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.
- b. Racing Starts - Only designated lanes for racing starts from the blocks or for backstroke starts at specified times. In long course meter pools where the depth allows starts from both ends, racing starts may occur from both ends with swimmers exiting the water before mid-pool (at the Referee's discretion).
- c. General Warm-up Lanes - NO DIVING or BACKSTROKE STARTS. Circle swimming only.

3. This section may be modified at the Referee's discretion.

b. Safety Guidelines

1. Coaches Responsibilities

- a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
- b. Coaches shall actively supervise their swimmers at meets and at all practices.

2. Host Team Responsibilities

a. Marshaling

- 1. A minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedures.
- 2. Marshals shall wear identifying attire.
- 3. Marshals shall have the authority to remove any swimmer who is in violation of safety guidelines or warm-up procedures.
- 4. For continuous warm-up pools, lifeguards from the host facility may serve as marshals, if they are currently certified by Red Cross in Life-guarding, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.
- b. Host teams shall post signs at each lane at both ends of the pool, which indicate the designated use during warm-ups.
- c. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
- d. The following statement shall appear in the meet information: "Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
- e. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
- f. Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly

marked.

g. Safety Policy: USA swimming's reports of accident occurrences shall be filled out for all accidents by the host team.

The form shall be sent to the Oregon Swimming, Inc. office, USA Swimming, and Risk Management Services. The host team shall keep a copy in their records. The Safety Chair or his/her designee shall compile an annual report of all occurrences and submit the report at the annual House of Delegates meeting.

3. Miscellaneous

a. Use of hand paddles and other training devices during warm-ups is at the meet referee's discretion.

b. Backstrokers shall not start at the same time as a swimmer on the blocks. Swimmers shall not step on the block if there is a backstroker waiting to start.

c. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.

d. Warm-up procedures shall be enforced for any breaks scheduled during the meet.

e. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

NOTE: Host clubs may, with the consent of the Meet Director and/or the Meet Referee, modify the time schedule or recommend lane assignments depending on pool configuration, number of swimmers, or other factors, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.