



2023 THSC FALL INVITATIONAL

October 20 - 22, 2023

HELD UNDER THE SANCTION OF U.S.A. SWIMMING, INC. Article 202.4

HELD UNDER THE SANCTION OF OREGON SWIMMING, INC.

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| Sanction No: | Meet # 23-093 In granting these sanctions, it is understood and agreed that USA Swimming and Oregon 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. |
| Meet Referee: | Johan Van De Groenendaal Johanv.referee@gmail.com |
| Admin: | Jim Hu |
| Meet Director: | Calvin Lin meetdirectors@thunderboltswimming.org Joseph Moreno |
| Location: | Tualatin Hills Aquatic Center 15707 SW Walker Road Beaverton, OR 97006 (503) 645-7454 |
| Sponsor: | Tualatin Hills Swim Club (THSC) PMB 152, 16055 SW Walker RD Beaverton, OR USA 97006 (503) 629-5568 fax (503) 439-9328 website: www.thunderboltswimming.org |
| Facility: | Indoor, 50 meters x 25 yards, 7½ foot lanes. Pool depth goes from 13.5 ft. to 5 ft. at start end and at the turn in SCY configuration. The competition course has not been certified in accordance with 104.2.2(c)4. Colorado Timing System. Open pool deck areas available for swimmers, coaches, and officials only. Wi-Fi throughout the facility. SPECIAL NOTE: No personal folding chairs allowed on deck. <i>In the interest of public safety, inclement weather may necessitate the closure of THPRD facilities. To communicate quickly and efficiently, THPRD posts new information about inclement weather closures and other interruptions on a 24-hour hotline:</i> Facility Closure / Inclement Weather Hotline: 503-614-4018 <i>*RV parking available for day use only at the north parking lot above soccer/baseball fields. For more information, please call THPRD Swim Center at (503) 629-6130.</i> |
| Restrictions: | Tobacco products, alcoholic beverages, and glass containers are prohibited on THPRD district property. Shaving is prohibited 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. Deck changing is prohibited. Photography is not allowed behind the blocks at any time. Flash photography is prohibited during competition, except by express permission from the Meet Referee. 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. Use of video recording devices under or over the water surface of the pool is prohibited. Only coaches, swimmers and working volunteers will be permitted on the pool deck. IMPORTANT: <ol style="list-style-type: none">1. Alcohol is not allowed anywhere on the THPRD grounds.2. Food may not be consumed on deck.3. Locker rooms are for registered athletes only. Restrooms for parents and spectators are located across the hall from the main entrance to the THPRD pool. |



| | <p>4. 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.</p> | | | | | | | | | | | | | | | | |
|----------------------------|---|--------------------------------|--------------------------------|----------|--------------|--------------------------|------------------|---------|---------|----------------------------|-------------------------|--------------------------------|--------------------------------|--------------------------|-------------------------|--------------------------------|--------------------------------|
| Rules and Safety: | <p>Current USA Swimming rules will govern this meet. Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced.</p> <p>USA Swimming Minor Athlete Abuse Prevention Policy: 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.</p> <p>Safe Sport Compliance & Locker Rooms: The facility locker rooms are for registered athletes only. Restrooms for coaches, officials, parents and spectators are located in the lobby of the pool building and across the breezeway from the main entrance to the THPRD pool.</p> <p>Medical Supervision: CPR and first aid certified lifeguards are on duty during warm-ups, competition and cool-down for the entirety of the event. AED devices are available at the main desk of the pool. Lifeguards will call EMTs should a situation require additional medical assistance.</p> | | | | | | | | | | | | | | | | |
| Spectator Info: | <p>Indoor seating for spectators is limited. A transitional seating section shall be available for spectators to view their swimmer’s events. The available space will be determined by the number of athletes in a given session.</p> <p>The meet referee may elect to close the seating area if needed. Parents/guardians should plan on bringing chairs to sit in the breezeway and grassy areas while their swimmers are between events.</p> | | | | | | | | | | | | | | | | |
| Warm up Procedures: | <p>Meet warmups will be managed by the coaches. The coaches will preassign teams to specific lanes for warmups.</p> <p>NOTE: Swimmers violating safety procedures may be removed from warm ups for the remainder of the session. Additional violations may cause the swimmer to be removed from the meet.</p> | | | | | | | | | | | | | | | | |
| Swimwear: | <p>No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.</p> | | | | | | | | | | | | | | | | |
| Eligibility: | <p>Swimmers must be currently registered with U.S.A. Swimming or registered in a foreign swimming federation; NO ON DECK USA REGISTRATION SHALL BE PERMITTED. Swimmers must be within the listed age brackets as of October 20, 2023. <i>With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.</i></p> | | | | | | | | | | | | | | | | |
| Bull Pen: | <p>There will be a bullpen staging area for 10 & Under swimmers. There will be a staging area implemented for all other ages at the discretion of the referee on the day of the meet.</p> | | | | | | | | | | | | | | | | |
| Times: | <p>Swimmers should arrive at the pool no earlier than 15 min before their warmup. Pool deck will open for swimmers at 6:45am each morning for 7:00am warmups.</p> | | | | | | | | | | | | | | | | |
| | <table border="1"> <thead> <tr> <th>Date</th> <th>Description</th> <th>Warm-Ups</th> <th>Timed Finals</th> </tr> </thead> <tbody> <tr> <td>Friday Oct 20</td> <td>11-14 and Senior</td> <td>4:00 pm</td> <td>5:00 pm</td> </tr> <tr> <td>Saturday Oct 21</td> <td>10&U 11-14 Senior</td> <td>7:00 am 10:00 am 3:00 pm</td> <td>8:00 am 11:00 am 4:00 pm</td> </tr> <tr> <td>Sunday Oct 22</td> <td>10&U 11-14 Senior</td> <td>7:00 am 10:00 am 3:00 pm</td> <td>8:00 am 11:00 am 4:00 pm</td> </tr> </tbody> </table> | Date | Description | Warm-Ups | Timed Finals | Friday Oct 20 | 11-14 and Senior | 4:00 pm | 5:00 pm | Saturday Oct 21 | 10&U 11-14 Senior | 7:00 am 10:00 am 3:00 pm | 8:00 am 11:00 am 4:00 pm | Sunday Oct 22 | 10&U 11-14 Senior | 7:00 am 10:00 am 3:00 pm | 8:00 am 11:00 am 4:00 pm |
| Date | Description | Warm-Ups | Timed Finals | | | | | | | | | | | | | | |
| Friday Oct 20 | 11-14 and Senior | 4:00 pm | 5:00 pm | | | | | | | | | | | | | | |
| Saturday Oct 21 | 10&U 11-14 Senior | 7:00 am 10:00 am 3:00 pm | 8:00 am 11:00 am 4:00 pm | | | | | | | | | | | | | | |
| Sunday Oct 22 | 10&U 11-14 Senior | 7:00 am 10:00 am 3:00 pm | 8:00 am 11:00 am 4:00 pm | | | | | | | | | | | | | | |
| | <p><i>Warmup & meet start times are tentative and may be adjusted. Any changes will be communicated.</i></p> | | | | | | | | | | | | | | | | |



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| Entry Limit: | Swimmers may enter a maximum of three (3) events per day + one (1) relay. Senior events are intended for 13&O athletes with an OSI A time. |
| Meet Limit: | Meet will not exceed two (2) hours for 10&U sessions Meet will not exceed four (4) hours for 11-14 & Senior sessions 500 Free and 400 IM entries may be limited to the fastest heats in order to comply with session time limits |
| Entries: | Submit SCY times only. USA Swimming registration numbers must be included. Entries Open: , Wednesday, September 27, 2023, 12:00pm Entries Deadline: Friday, October 13, 2023, 5:00pm With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming. 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. 1. HY-TEK Meet Manager Software will be used. Please submit entries via Hy-Tek in SCY only and email in HY-TEK format to MeetDirectors@thunderboltswimming.org When emailing entries, please zip files and include a Team Meet Entry Report in a Word format. 2. Please review entries for each session of the meet prior to warm-ups for that session, and report any potential corrections to the Meet Director at least 30 minutes prior to the beginning of the session's competition. Corrections will be made on a case-by-case basis, with the benefit of the doubt going to the swimmer(s) involved. |
| Entry Fees: | \$3.00 OSI swimmer surcharge \$25.00 facility fee \$3.00 per event fee \$10.00 relay fee Payments should be sent via PayPal to AR@Thunderboltswimming.org and be accompanied at the time of entry submission. Entries will only be placed into the system upon validation of payment. THSC does not accept check payments for meet entries. |
| Awards: | 10&U: ribbons + heat winners awarded 11-14: heat winner awards All awards must be picked up at the conclusion of the competition. They will not be mailed. |
| Format: | Invitational meet with multiple teams attending. |
| Check-in: | Positive check-in required at Clerk of Course for 1000 Free, 500 Free, and 400 IM. |
| Seeding: | Senior session: 1000 Free, 500 Free and 400 IM will be seeded fastest to slowest 1000 Free will be seeded fastest to slowest, alternating women & men 500 Free and 400 IM will be seeded fastest two heats of each gender, then the remaining heats will be alternating women & men |
| Officials: | There will be an Online Sign up to officiate at the 2023 THSC Fall Invitational. Link to be provided. Signup deadline: October 18, 2023, 12:00pm |
| Uniforms: | Oregon Swimming Officials' uniform: white shirt, black pants or skirt, and black shoes and socks. |



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| Trainees: | Trainees will be welcome in all positions (Starter, Stroke & Turn, or Electronic Timer), subject to building capacity limits and compliance with latest Covid-19 protocols. |
| Timers: | Visiting teams will be given lane assignments based on the number of swimmers entered per session. Lane timers should visit the Volunteer Check-In desk to sign up for lane timing. Swimmers must provide their own timers and lap counters for the 1000 Free . |
| Notice: | This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact. |





EVENTS

SESSION 1

11-14 and Senior

Friday, October 20, 2023

WARM-UPS 4:00 PM TIMED FINALS 5:00 PM

| Women's Event # | Event Description | Men's Event # |
|-----------------|-------------------|---------------|
| 1 | 13-14 200 IM | 2 |
| 3 | Senior 200 IM | 4 |
| 5 | 11-14 50 Free | 6 |
| 7 | Senior 50 Free | 8 |
| 9 | *Senior 1000 Free | 10 |

*Swimmers must provide their own timers and lap counters for the 1000 Freestyle

SESSION 2

10&U

Saturday, October 21, 2023

WARM-UPS 7:00 AM TIMED FINALS 8:00 AM

| Women's Event # | Event Description | Men's Event # |
|-----------------|--------------------------|---------------|
| 11 | 10&U 200 Freestyle Relay | 12 |
| 13 | 10&U 100 Free | 14 |
| 15 | 10&U 50 Fly | 16 |
| 17 | 8&U 25 Back | 18 |
| 19 | 10&U 100 Back | 20 |
| 21 | 10&U 50 Free | 22 |
| 23 | 8&U 25 Breast | 24 |
| 25 | 10&U 100 Breast | 26 |
| 27 | 10&U 200 IM | 28 |

SESSION 3

11-14

Saturday, October 21, 2023

WARM-UPS 10:00 AM TIMED FINALS 11:00 AM

| Women's Event # | Event Description | Men's Event # |
|-----------------|----------------------|---------------|
| 29 | 11-14 200 Free Relay | 30 |
| 31 | 11-14 200 Fly | 32 |
| 33 | 11-12 50 Fly | 34 |
| 35 | 11-14 100 Free | 36 |
| 37 | 11-14 200 Breast | 38 |
| 39 | 11-12 50 Breast | 40 |
| 41 | 11-14 100 Back | 42 |
| 43 | 11-12 200 IM | 44 |
| 45 | 11-14 500 Free | 46 |



SESSION 4
SENIOR
 Saturday, October 21, 2023
 WARM-UPS 3:00 PM TIMED FINALS 4:00 PM

| Women's Event # | Event Description | Men's Event # |
|-----------------|-------------------|---------------|
| 47 | 200 Free Relay | 48 |
| 49 | 200 Fly | 50 |
| 51 | 100 Free | 52 |
| 53 | 200 Breast | 54 |
| 55 | 100 Back | 56 |
| 57 | 500 Free | 58 |

SESSION 5
10&U
 Sunday, October 22, 2023
 WARM-UPS 7:00 AM TIMED FINALS 8:00 AM

| Women's Event | Event Description | Men's Event |
|---------------|-----------------------|-------------|
| 59 | 10&U 200 Medley Relay | 60 |
| 61 | 10&U 100 IM | 62 |
| 63 | 10&U 50 Back | 64 |
| 65 | 8&U 25 Fly | 66 |
| 67 | 10&U 100 Fly | 68 |
| 69 | 10&U 50 Breast | 70 |
| 71 | 8&U 25 Free | 72 |
| 73 | 10&U 200 Free | 74 |

SESSION 6
11-14
 Sunday, October 22, 2023
 WARM-UPS 10:00 AM TIMED FINALS 11:00 AM

| Women's Event # | Event Description | Men's Event # |
|-----------------|------------------------|---------------|
| 75 | 11-14 200 Medley Relay | 76 |
| 77 | 11-14 200 Free | 78 |
| 79 | 11-14 100 Breast | 80 |
| 81 | 11-14 200 Back | 82 |
| 83 | 11-12 50 Back | 84 |
| 85 | 11-14 100 Fly | 86 |
| 87 | 11-12 100 IM | 88 |
| 89 | 11-14 400 IM | 90 |



SESSION 7
SENIOR
Sunday, October 22, 2023
WARM-UPS 3:00 PM TIMED FINALS 4:00 PM

| Women's Event # | Event Description | Men's Event # |
|-----------------|-------------------|---------------|
| 91 | 200 Medley Relay | 92 |
| 93 | 200 Free | 94 |
| 95 | 100 Breast | 96 |
| 97 | 200 Back | 98 |
| 99 | 100 Fly | 100 |
| 100 | 400 IM | 102 |

Note: Positive check-in required for 1000 Free, 500 Free and 400 IM.

