



SUN COUNTRY OPEN

JUNE 21-23, 2024

Bend Oregon

Held Under the Sanction of U.S.A. Swimming, Inc. Article 202.4

Held Under the Sanction of Oregon Swimming, Inc.

- Sanction No:** #24-086
In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming and Bend 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.
- Host:** Bend Swim Club
- Location:** Juniper Swim & Fitness Center
Outdoor Pool 800 NE 6th Street
Bend, OR 97701
(541)389-7665
- Meet Referee:** Bill Shreeve - bill.shreeve1@gmail.com
- Admin Officials:** Audrey Robeson - therobesons@bendcable.com
- Meet Director:** Heather Thomas Heather.thomas@bendswimclub.com
- Eligibility:** Swimmers must be currently registered with USA Swimming. NO ON DECK REGISTRATION SHALL BE PERMITTED. Swimmers must be the listed age as of June 21, 2024.
- Entries:**
1. Please submit Hy-Tek entries with Long Course Meter (LCM) entry times to Heather Thomas at Heather.thomas@bendswimclub.com .
 2. All Swimmers must have a listed LC times. NT will not be accepted.
 3. With submission of entries, the coach/team representative attests that all swimmers 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.
- Entries Due:** Entries open Tuesday June 7, 2024 @noon. Entries will be accepted until Wednesday June 12, 2024 @ noon, or until max meet numbers are met to comply with 12&U 4 hr rule. No late entries allowed.

- Entry Fees:** \$18.00 Surcharge per swimmer (\$3.00 OSI plus \$15.00 facility charge).
\$6.50 individual event fee, \$15.00 relay fee.
** Please send a check to the pool address or bring it to meet.**
- Entry Limit:** Swimmers may enter a maximum of 1 individual event Friday, 3 individual events Saturday & Sunday, and 1 relay per day. All sessions will be deck seeded. Coaches' check-in sheets will be due 15 minutes after the start of the warm up session.
800/1500 Free will be combined gender for timeline, 800/1500 free may be limited to max 2 heats based on entry times if needed to comply with facility time limits.
All events 200 and longer will be subject to a minimum 13B entry time standard & may be combined by gender for timeline purposes.
- Timeline:** Warmups
Fri/Sat; 3Pm, Sun; 8am
Timed Finals
Fri/Sat; 4pm, Sun; 9Am
Continuous meet warmups in lane 8. Competition in lane 1-7.
- Awards:** Awards by gender for top 8 individual events in following categories.
10U, 11-12, 13-14, Open
- Scoring:** Individual: 10-8-6-5-4-3-2-1
Relay: 20-16-12-10-8-6-4-2
- No Coach Present:** For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmers responsibility to arrange for a certified coach to be responsible for the swimmer and notify the Meet Referee. This must be done BEFORE the swimmer may enter the water for warm-ups or competition. Please see the Meet Referee if assistance is needed, upon arrival at the meet.
- Facility:** Outdoor 50 meter pool, 8 lanes by 8 feet wide per lane, depth ranges from 8 ft in deep end to 4.3 ft. in shallow end. The facility will verify measurements are accurate. The Swim venue includes men and women locker rooms with access through an indoor pool. Facility is accessible to adaptive swimmers and spectators. Service animals are allowed on deck with proof of certification, otherwise there are no animals allowed on pool deck or in the facility.
Parking will be in the north parking lot. NO overnight RV or Tent camping will be allowed for this meet. Please do not leave shade tents overnight in the park.
- Deck Access:** Coaches and Officials must display appropriate 2024 USA Swimming membership cards at all times while on deck. Spectators are restricted to designated areas.
- Rules / Safety:** Current USA Swimming and Oregon Swimming Inc., rules will govern

this meet.

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. Locker Rooms: The facility locker rooms are for registered athletes only. Restrooms for coaches, officials, parents and spectators are located off the main entrance.

Medical:

Lifeguards, AED device, EMT access will be available to all participants of the meet.

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.

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.

Recording Devices & Media Notice:

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or lockers rooms. Cell phones or other recording devices are 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. This meet may be covered by the media, including photographs, video, webcasting, 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:

Please notify the meet referee if you will be attending the meet. Trainees are allowed, please email your training log along with your request to officiate. Uniform is white shirt, black shorts/pants/skirt, black socks and black shoes. Hats and sunscreen are suggested based on weather.

Hospitality:

Hospitality will be provided to all coaches and officials.

Meetings:

Officials Meetings held 45 minutes prior to the start of each session.
Coaches meeting 15 minutes prior to each session at Meet Referee’s discretion.

Women	Qual time LCM	Session 1 Friday WUps 3 PM / Start 4 PM	Qual time LCM	Men
1	5:50.69	Open 400fr	5:52.29	1
2	12:13.69	11O 800free*	12:11.89	2
3	23:51.89	13O 1500free*	24:07.29	3
4		400 Medley Relay**		4
<p>*800/1500 entries may be limited to 2heats total. 800/1500 Heats combined gender to reduce the timeline. Swimmer must provide timers/counters for 800/1500. **Visiting teams limited to 2 relays per team only.</p>				
Women	Qual time LCM	Session 2 Saturday WUps 3 PM / Start 4 PM	Qual time LCM	Men
5	6:55.09	13O 400 IM	6:55.79	6
7		12U 50 Fly		8
9		11O 100 Fly		10
11	3:35.49	Open 200Fly	3:33.39	12
13		Open 100 Free		14
15		12U 50 Breast		16
17		11O 100 Breast		18
19	3:36.29	Open 200Breast	3:36.69	20
Women	Qual time LCM	Session 3 Sunday WUps 8 AM / Start 9 AM	Qual time LCM	Men
21	2:47.29	Open 200 Fr	2:45.29	22
23		12U 50 Back		24
25		11O 100 Back		26
27	3:10.39	Open 200 Back	3:10.29	28
29		Open 50 Free		30
31	3:09.99	Open 200 IM	3:06.59	32
33		**400 Open Free Relay		33
<p>** visiting teams limited to 2 relays per team only.</p>				

