

# 2024 Comfort Suites Corvallis – CAT Long Course Open

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**Friday-Sunday, May 17-19, 2024**

*Held under the sanction of USA Swimming, Inc.*

- Sanction No:** #24-059  
*In granting this sanction, it is understood and agreed that the Corvallis Aquatic Team and USA 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.*
- Host:** Corvallis Aquatic Team
- Location:** Osborn Aquatic Center ~ 940 NW Highland Dr. Corvallis, Oregon 97330  
(541) 766-7946
- 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 May 17, 2024. Coaches must display current credentials.
- Entry Deadlines:** **Acceptance period begins at noon on Wednesday, April 17, 2024.** Early entries will not be accepted. **Teams will be entered in the order entries are received.** Final entry deadline is 5:00 PM, Thursday, May 9, 2024.
- Event Limit:** Athletes are limited to 3 individual events and 1 relay event per day.
- Meet Limit:** The 12 & Under morning sessions will be limited to 4 hours. Entries for Friday, Saturday and Sunday afternoon sessions may be limited at the discretion of the meet director and meet referee. Saturday and Sunday afternoon session warmup and meet start times are estimates. Actual times for Saturday and Sunday afternoon sessions will be announced on the CAT website and via email on Friday, May 10, 2024.
- Entry Fees:** \$17.00 per swimmer surcharge (\$14 facility use fee; \$3 OSI surcharge) plus \$5.00 per individual event and \$12.00 per relay. Make checks payable to Corvallis Aquatic Team.
- Entries:** Team Manager event file will be available on the CAT website and via email by Sunday, March 31, 2024. Submit **long course meter times** only for seeding. Converted times will be accepted. Qualifying time standards will apply to the 12 & under 400 free and all 13 & over events.
- Entry Address:** Send Team Manager entry file via email to [meetdirector@corvallisquaticteam.org](mailto:meetdirector@corvallisquaticteam.org).  
Please submit payment via one of the following:
1. Check mailed to CAT, c/o Rhonda Soule', 2035 NW 23rd Street, Corvallis, OR 97330; or
  2. Check or cash at Clerk of Course during the meet.
- Scoring:** Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay: 40-34-32-30-28-26-24-22



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**Awards:** Individual: 1<sup>st</sup> - 16<sup>th</sup> ribbons in each event for boys and girls 8 & under, 9-10, 11-12; Gift cards for top 5 point scorers for boys and girls 13-14 and 15 & over.  
Relay: 1<sup>st</sup> - 8<sup>th</sup> ribbons in each event for girls & boys 12 & under.  
High Point: One award for girls & boys in each age group (8 & under, 9-10, 11-12, 13-14, & 15 & over)

**Seeding/Check-In:** AM Sessions

- Saturday and Sunday morning sessions will be pre-seeded and not subject to a no-show penalty.
- Events may be swum mixed gender at the discretion of the meet referee and meet director.

PM Sessions

- Friday, Saturday, and Sunday afternoon sessions will be deck seeded.
- **Coaches are responsible for providing positive check-in** at 3:15 on Friday and 30 minutes after the start of warmups for the Saturday and Sunday afternoon sessions. Any swimmer who fails to compete in an individual event for which he/she was positively checked in shall be barred from his or her next individual event. He/she will be permitted to participate in relay events of that day.
- **Exceptions for failure to compete** - No penalty shall apply for failure to withdraw or compete in an individual event if the swimmer declares a false start with the referee prior to the start of the heat in which they do not compete.
- Heat sheets for deck seeded sessions will be published following the positive check-in deadline.

**Bull Pen:** A bull pen will be provided for 8 and under swimmers.

**Timing:** Daktronics timing system, horn start, and finish touch pads. Colorado or Daktronics timing system with buttons or watches for 50 meter races. Results via electronic scoreboard. Names will appear as received in meet entries.

**Meet Referee:** Sheila Lovell-Otterstrom [swimflygo@gmail.com](mailto:swimflygo@gmail.com)  
**Admin Official:** Aimee Dhakhwa [abcdhakhwa@comcast.net](mailto:abcdhakhwa@comcast.net)  
**Meet Director:** Rhonda Soule' [meetchief@corvallisquaticteam.org](mailto:meetchief@corvallisquaticteam.org)

**Meetings:** Officials' meetings will be held each session 60 minutes prior to the start of competition. Coaches' meetings will be held 15 minutes prior to the start of the Saturday morning and afternoon sessions; others to be announced as needed.

**Rules:** Current USA Swimming, Inc. and Oregon Swimming, Inc. rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") will govern this meet.



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- 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 this competition.
- Officials:** We always appreciate the help of certified officials and trainees from other clubs. Uniform will be white over black with black shoes. If you will be attending, please send your name and the sessions you will work to the Meet Referee at [swimflygo@gmail.com](mailto:swimflygo@gmail.com). Hospitality will be provided for coaches & officials.
- Timers:** Each team will be assigned lane-timing duty. Signup sheets will be at Clerk of Course.
- Facility:** Competition Pool – 50 Meters, 8 lanes x 7-ft wide with 6-inch lines, Kiefer Freestyle starting blocks with grab rails and foot chocks. Depth: 3.5 to 13 ft. The facility will ensure that the course dimensions are as stated above. 25 meter, 6 lane outdoor pool available for warmup and cool down during meet. Medical facilities available include lifeguards, AED, and 911. The facility will be open each day from 30 minutes before the start of warmups through the conclusion of the meet.
- Seating:** Air-conditioned, sound insulated, balcony seating for 270 and marked spectator seating on deck. Spectators are not allowed in the competition area - please observe all posted signage.
- Safety:**
- Oregon Swimming Safety Guidelines and Warmup Procedures will be in effect.
  - 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 competition area is restricted to swimmers, officials, coaches, authorized host team volunteers, timers, and facility staff.
- Restrictions:**
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
  - No cameras or other recording devices are allowed behind the blocks.
  - Deck changing is prohibited.
  - Operations of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
  - No tobacco products, alcohol, or glass containers are allowed in the pool facility.



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**Restrictions cont.:** At the discretion of the referee and meet management, restrictions may be placed on the deck and/or spectators to comply with facility, state, county and/or local health or capacity regulations.

**Concessions:** Concessions by the Corvallis Aquatic Team will be available.

**Camping:** No OVERNIGHT CAMPING or RV's in the parking lots adjacent to the pool. RV day-only parking available at Garfield Park, 2 blocks southwest of Osborn.

## Meet Schedule

Day	Group	Warmup Time	Competition Begins	Positive Check-in Due
Friday	All groups	3:00 PM - 3:45 PM	4:00 PM	3:15 PM
Saturday	12 & Under	7:30 AM - 8:15 AM	8:30 AM	N/A
Saturday	13 & Over	12:45 PM - 1:45 PM*	2:00 PM*	1:15 PM*
Sunday	12 & Under	7:30 AM - 8:15 AM	8:30 AM	N/A
Sunday	13 & Over	12:45 PM - 1:45 PM*	2:00 PM*	1:15 PM*

**\*Note:** The afternoon warmup and finals start times are estimates – actual times will be announced on the CAT website and via email on Friday, May 10, 2024. Positive check-in is due 30 minutes after the start of warmups. Competition will begin 75 minutes after the start of warmups.

## Order of Events

**FRIDAY May 17, 2024**

Warmups: 3:00 PM Timed Finals: 4:00 PM

Girls	LCM Qualifying Time Standard	Event	LCM Qualifying Time Standard	Event
1	6:51.49	12&U 400 Meter Free	7:04.39	2
3	2:47.29	13-14 200 Meter Free	2:45.29	4
3	2:35.19	15&O 200 Meter Free	2:23.89	4
5	23:51.89	11-14 1500 Meter Free*	24:07.29	6
5	22:22.79	15&O 1500 Meter Free *	20:47.99	6

**\*Note:** The 1500 will be swum fastest to slowest, alternating girls and boys. Entries may be limited at the discretion of the meet director & meet referee. Swimmers in the 1500 must provide their own timers/counters.



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## **Order of Events** **SATURDAY AM - 12 & UNDER SESSION** **May 18, 2024**

Warmups: 7:30 AM Timed Finals: 8:30 AM

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
7	11-12 200 Back	8
9	10&U 100 Back	10
9	11-12 100 Back	10
11	12&U 200 Medley Relay	12
13	10&U 100 Fly	14
13	11-12 100 Fly	14
15	8&U 50 Free	16
15	9-10 50 Free	16
15	11-12 50 Free	16
17	8&U 50 Breast	18
17	9-10 50 Breast	18
17	11-12 50 Breast	18
19	10&U 200 IM	20
19	11-12 200 IM	20

*The 12 & Under morning sessions will be limited to 4 hours. Events may be swum mixed gender at the discretion of the meet referee and meet director.*



# 2024 Comfort Suites Corvallis – CAT Long Course Open

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## **Order of Events** **SATURDAY PM - 13 & OVER SESSION** **May 18, 2024**

Warmups: 12:45 PM\* Timed Finals: 1:45 PM\*

<b>Girls</b>	<b>LCM Qualifying Time Standard</b>	<b>Event</b>	<b>LCM Qualifying Time Standard</b>	<b>Boys</b>
37	3:09.99	13-14 200 IM	3:06.59	38
37	2:55.49	15&O 200 IM	2:41.09	38
39	35.29	13-14 50 Free	33.49	40
39	33.49	15&O 50 Free	29.49	40
41	1:27.49	13-14 100 Back	1:27.79	42
41	1:21.19	15&O 100 Back	1:14.69	42
43	N/A	13&O 400 Free Relay	N/A	44
45	3:36.29	13-14 200 Breast	3:36.69	46
45	3:18.29	15&O 200 Breast	3:07.89	46
47	1:27.19	13-14 100 Fly	1:26.49	48
47	1:18.99	15&O 100 Fly	1:11.89	48
49	5:50.69	13-14 400 Free	5:52.29	50
49	5:29.99	15&O 400 Free	5:08.79	50

*\*Estimate - actual times will be announced on the CAT website and via email on Friday, May 10, 2024. Entries may be limited at the discretion of the meet director and meet referee.*



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## Order of Events SUNDAY AM - 12 & UNDER SESSION May 19, 2024

Warm Up: 7:30 AM Timed Finals: 8:30 AM

Girls	Event	Boys
21	11-12 200 Fly	22
23	10&U 200 Free	24
23	11-12 200 Free	24
25	10&U 100 Breast	26
25	11-12 100 Breast	26
27	12&U 200 Free Relay	28
29	8&U 50 Fly	30
29	9-10 50 Fly	30
29	11-12 50 Fly	30
31	8&U 50 Back	32
31	9-10 50 Back	32
31	11-12 50 Back	32
33	8&U 100 Free	34
33	9-10 100 Free	34
33	11-12 100 Free	34
35	11-12 200 Breast	36

*The 12 & Under morning sessions will be limited to 4 hours. Events may be swum mixed gender at the discretion of the meet referee and meet director.*



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## **Order of Events** **SUNDAY PM - 13 & OVER SESSION** **May 19, 2024**

Warmups: 12:45 PM\* Timed Finals: 1:45 PM\*

<b>Girls</b>	<b>LCM Qualifying Time Standard</b>	<b>Event</b>	<b>LCM Qualifying Time Standard</b>	<b>Boys</b>
51	6:55.09	13-14 400 IM	6:55.79	52
51	6:21.29	15&O 400 IM	5:47.39	52
53	1:42.19	13-14 100 Breast	1:42.39	54
53	1:32.49	15&O 100 Breast	1:24.49	54
55	N/A	13&O 400 Medley Relay	N/A	56
57	3:10.39	13-14 200 Back	3:10.29	58
57	2:55.59	15&O 200 Back	2:42.59	58
59	3:35.49	13-14 200 Fly	3:33.39	60
59	3:10.89	15&O 200 Fly	2:47.69	60
61	1:16.59	13-14 100 Free	1:13.59	62
61	1:12.09	15&O 100 Free	1:05.59	62

*\*Estimate - actual times will be announced on the CAT website and via email on Friday, May 10, 2024. Entries may be limited at the discretion of the meet director and meet referee.*

