

2024 CAT-TEAM-PAC LCM Tri-Meet

June 1-2, 2024

Held under the sanction of USA Swimming, Inc. through Oregon Swimming, Inc.
Sanction #24-068

Sanction: In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming, and the Corvallis Aquatic 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.

Host: Corvallis Aquatic Team

Host Facility: Osborn Aquatic Center, 1940 NW Highland Dr., Corvallis OR 97330

Eligibility: Swimmers must currently be registered with USA Swimming as a member of one of the invited teams. Swimmers must be within entered age brackets as of June 1, 2024. No on-deck registration shall be permitted.

Entry Deadline: Entries open on May 6, 2024 at noon and must be received no later than **5:00 PM on Thursday, May 23, 2024**. No on-deck registration will be permitted.

Entry Limit: Swimmers may enter a maximum of two individual events on Saturday and three individual events on Sunday

Meet Format: All events will be LCM timed finals and swum mixed gender. The 800 Freestyle will be deck seeded and swum fast to slow; all other events will be pre-seeded and swum slow to fast. Age limits/guidelines are designated on page 4 (Order of Events). Over swimmer starts will be used.

Each session will be limited to no more than 4 hours. Entries may be limited to comply with these time limits.

Entries: Team Manager event file will be emailed to invited teams by Monday, May 6, 2024. Send Team Manager entry file via email to teammanager@corvallisaquaticteam.org.

Entry Fees: \$13/swimmer (\$3 OSI surcharge, \$10 Osborn facility use fee)
\$5 Individual entry fee per event

Please submit payment via one of the following:

1. Check mailed to CAT, c/o Sonia Gatherum, 1940 NW Highland Drive, Corvallis, OR 97330; or
2. Check or cash at Clerk of Course during the meet.

Awards: No awards.

Facility: Competition Pool: 8 lanes, 7-ft 50-meter lanes, 30-in tilted blocks. Depth: 3.5ft to 13 ft. Warm-up/Cool-Down: Outdoor 25 meter pool, 6 lanes. The facility will ensure that the course dimensions are as stated above.

Seating: Spectator seating is limited to the balcony and the deck on the non-competition end of the pool.

Timing: Daktronics timing system, horn start, and finish touch pads. Results via electronic scoreboard. Names will appear as received in meet entries.

Pool Hours: The facility will not be open to the public during the competition. Participants may enter the facility 30 minutes prior to the start of warmups each day.

Medical: Medical facilities available include lifeguards, AED, and 911.

Times: Warm ups and the meet will begin no earlier than the posted times below. Actual start times will be announced via email and posted on the CAT website as soon as entries are complete.

	<u>Warm-ups</u>	<u>Competition</u>
Saturday PM	4:00 PM	5:00 PM
Sunday AM	7:00 AM	8:00 AM

Check-in: Positive check-in for the 800 free will be due 15 minutes after the start of warmups on Saturday.

Rules: Current USA Swimming and Oregon Swimming Inc. rules, will govern this meet.

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.

Safety: Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced.

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

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.

Restrictions: The deck is restricted to athletes entered in the meet, coaches with athletes entered in the meet, meet staff, meet officials, and facility employees. No spectators except meet volunteers and timers may access the pool deck. No glass containers, tobacco products, or alcoholic beverages are allowed in the pool facility. 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.

Meet Referee: Bill Shreeve bill.shreeve1@gmail.com

Admin Official: Rhonda Soule rhonda@corvallisquaticteam.org

Meet Director: Sonia Gatherum teammanager@corvallisquaticteam.org

Officials: **Teams shall notify the meet director or the meet referee of the availability of officials from their team to work the meet.** The uniform for officials will be white over black, with black shoes and socks. Officials and Coaches shall display USA Swimming credentials with current certification when on deck.

Meetings: Officials meetings will be held at the start of warm ups each day; times to be announced. Coaches meeting will be held 15 minutes before the start of the meet on Saturday.

Timers: Each team will be responsible for providing multiple timers. Lane assignments will be sent out after entries are submitted.

Other: A hospitality room will be provided for coaches and officials. Concessions (snacks and drinks) by the Corvallis Aquatic Team will be offered throughout the meet.

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Order of Events

Saturday PM

<u>Event #</u>	<u>Event Description</u>
1	Mixed Open 200 BK
2	Mixed 11&O 800 FR
3	Mixed Open 200 IM

Sunday AM

<u>Event #</u>	<u>Event Description</u>
4	Mixed Open 400 IM
5	Mixed 12&Under 50 Fly
6	Mixed 12&Under 50 Back
7	Mixed 12&Under 50 Breast
8	Mixed Open 50 FR
9	Mixed Open 200 Fly
10	Mixed Open 100 Free
11	Mixed Open 200 Breast
12	Mixed Open 100 Back
13	Mixed Open 200 Free
14	Mixed Open 100 Fly
15	Mixed Open 100 Breast
16	Mixed Open 400 Free