

2024 CST 10&Under Last Chance Invite Meet

Saturday, June 29, 2024

Held Under the Sanction of USA Swimming

SANCTION #: 24-092

In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming Inc. (OSI), and Chehalem Swim Team (CST) shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. In applying for this sanctioned event, the Host, CST agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, OSI, the State of OREGON and Yamhill County.

HOST/LOCATION:

Cehalem Swim Team
Chehalem Aquatic Center (CAC)
1802 Haworth Ave, Newberg, OR 97132
Phone 503-538-7454 (Front Desk - CAC)

- MEET REFEREE: Bill Hayhurst billh@boingdesigns.com
- ADMIN OFFICIAL: Adam Sealey ao@cstsharks.com
- MEET DIRECTOR: Lalanya Fisher headcoach@cstsharks.com

ENTRY DEADLINE:

Entries open for all teams on Monday June 3rd, 2024. Entries will close on Monday June 18, 2024, by 5:00pm. Entries will be processed in the order they are received. If entries are received after the deadline, they are not guaranteed and are at the discretion of the meet director and referee.

ENTRY LIMITS:

A maximum of 3 individual events and 2 relays may be entered. Entries will be limited to approximately the first 50 athletes and will adhere to the 4-hour rule by USA Swimming (rule 205.3.1F).

ELIGIBILITY:

Swimmers must be currently registered with USA Swimming/Oregon Swimming. Swimmers age on the first day of the meet applies. Deck registration is not permitted. Clubs entering swimmers who are not registered are subject to a fine per USA Swimming Rules and Regulations.

ENTRY FEES:

\$8.00 surcharge per swimmer (\$3.00 OSI + \$5.00 facility fee)
\$2.00 per individual event
\$8.00 per relay event

Make checks payable to Chehalem Swim Team or CST. Checks should be received on or before the first day of the meet. **Mail to:** Chehalem Swim Team, PO Box 1173, Newberg, OR 97132

ENTRIES:

Only entries in Hy-Tek format will be accepted. Files should be saved in the 'standard' format. Submit short course meter (SCM) times only. Converted times will be accepted. Previously entered times cannot be updated. Hy-Tek Meet Manager Software will be used. Submit entries to the Administrative Official.

NO COACH PRESENT:

Unattached swimmers or swimmers whose coach is not attending the meet, must arrange to have a certified coach to represent the swimmer to participate. This must be done before the swimmer may enter the water for warmups or competition. If you need assistance, see the Meet Director or Meet Referee.

FORMAT:

This is a timed final, combined gender meet. Mixed events will be swum together. All events will be swum slowest to fastest.

RELAYS:

Names for relays can be submitted on the Hy-Tek entry files or submitted on relay entry forms provided at the meet. Changes can be made via relay forms prior to the start of the meet. Relays may be same gender or mixed gender (two (2) boys and two (2) girls) (rule 101.7.3).

TIMELINE:

The Meet Director reserves the right to change warmup times as approved by the Meet Referee. All coaches will be informed of any changes to warmups and timed files. The Meet Referee reserves the right to remove or lengthen breaks written in the sanction as deemed appropriate for the success of the athletes. Due to the unknown number of athletes attending this meet, session timelines are tentative and subject to change. Once athletes are confirmed, a revised timeline will be sent to all coaches prior to the meet.

Estimated timeline:

Warm ups: 9:00-9:30a

Competition: 9:45a-11:00a

RULES:

Current USA Swimming Rules and Regulations will govern. Current Oregon Swimming Safety Guidelines and warm-up procedures will be in effect and strictly enforced.

FACILITY:

Indoor, 8 lanes 25-meter competition 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". 25-meter 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). The facility is accessible to adaptive athletes. The facility will ensure that the course dimensions are as stated.

MEDIA NOTICE: Media may include photographs, video, 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. No flash photography allowed except by the express permission of the Meet Referee.

RESTRICTIONS:

Tobacco products of any kind, alcoholic beverages, and glass containers are not allowed in the swimming venue. No shaving permitted in the swim venue. Use of audio or visual recording devices, including a cell phone, is not allowed behind the blocks. 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. Deck changes are prohibited. Only registered Coaches, Officials, swimmers, and meet volunteers are permitted on deck. Non-athlete members, such as Coaches and Officials must produce deck credentials or identification cards to be permitted on deck.

MAAPP:

All 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 is a condition of participation in the conduct of this competition.

SAFETY:

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge.. 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.

MEDICAL:

Lifeguards are trained in first aid and CPR and are posted on deck during the meet. The facility is equipped with two AEDs. The 911 system will be utilized in the event of an emergency.

TECH SUITS:

No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

MEETINGS:

Official’s meetings will be held 30 minutes prior to the start of the meet. Coach’s meetings TBD, as needed.

OFFICIALS:

As with every meet, officials are vital. Entry into this meet requires that your team must provide officials. When submitting entries, please provide a list of officials names and session(s) they plan to attend to Meet Referee.

Uniform: white polo-style shirt, black pants/shorts/skirt, black socks, black closed-toe shoes,

black belt.

MEET RESULTS:

A Hy-Tek Com-link file and a HTML file will be posted on the Oregon Swimming website in the results section as well as emailed to teams following the meet.

BREAKS:

At the discretion of the Meet Referee, and dependent on the number of entries, breaks will be scheduled to provide adequate rest for the athletes and officials.

TIMERS:

Each club will be responsible for providing timers. Lane assignments will be given to each team prior to the start of the meet based on the number of swimmers entered.

SEATING:

Spectators are asked to prioritize seating for athletes. Bleacher seating is available to both Spectators and athletes.

WARM-UP/COOL DOWN:

Each team will warm-up in lanes assigned by the meet host. Both the competition pool and stretch pool will be available for warm-up. During the meet, the stretch pool will **NOT** be available for warm-up/cool down.

PARKING:

Participants are to use the North side parking lot, Haworth Street and surrounding main streets for parking. Please no parking in the residential neighborhood. No car traffic is permitted in the SE culdesac.

RESTROOM USAGE:

Restrooms for spectators, officials and coaches are located through the main building entrance. On deck bathrooms/locker rooms are for athlete use only and will be monitored according to Safe Sport regulations.

EVENT ORDER

10&U Mixed 200 Free Relay
10&U Mixed 50 Butterfly
10&U Mixed 100 Freestyle
10&U Mixed 50 Backstroke
10&U Mixed 200 Freestyle
10&U Mixed 50 Breaststroke
10&U Mixed 100 Butterfly
10&U Mixed 50 Freestyle
10&U Mixed 100 Backstroke
10&U Mixed 200 IM
10&U Mixed 100 Breaststroke
10&U Mixed 200 Medley Relay