



2024 Forest Grove Summer Relay Meet June 29, 2024

HELD UNDER THE SANCTION OF USA SWIMMING

Sanction Number: 24-087

In granting this sanction, it is understood and agreed that 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.

Meet Referee: Chad Vassallo: Email : chad.vassallo@frontier.com

Administrative Official: Daryl Jennings: Email:Darylcnjennings@gmail.com

Meet Director: Kim Jennings Email: fgscmeetmgr@gmail.com Cell:760-889-9158

Location: Forest Grove Aquatic Center: 2300 Sunset Drive, Forest Grove, OR 97116

Directions: *From Portland: Head Westbound on HWY 26 to HWY 6. HWY 6 to Banks Exit, Head South on HWY 47, stay on HWY 47 to Sunset Drive. Take a right on Sunset Drive. The pool is on the West side of Sunset Drive.*

Facility: *Indoor, 25 yd. pool with six lanes, non-turbulence lane lines and overflow gutters. All events will have a 5 ½ ft. starting depth and is 11 ft. on the turns. Adaptive access is by ladders at both ends of the pool. Open pool deck areas, specifically marked on the day of the meet are available for swimmers, coaches and officials only. The competition course has not been certified in accordance with 104.2.2C(4). Daktronics timing system, horn start, finish touch-pads and dual button back up. Keifer Intrepid starting blocks. Results via Daktronics display board. The shallow end of the competition pool will be available for warm up and cool down purposes. **The small pool and hot tub will be CLOSED***

Parking: *Limited off-street parking is available at the pool and on the east and north sides of Pacific University's Sports Complex. On street parking is available east of Sunset Drive on side streets and at Gray & Company parking lot off of 23rd, one block east of the pool.*

Hosted By: Forest Grove Swim Club, Forest Grove Aquatic Center

Medical: *Medical facilities available include lifeguards, facility staff an AED, and access to 1st responders via 911.*

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.

Restrictions: *"Tobacco Products of any kind, alcohol beverages and glass containers are not allowed in the swimming venue. 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. Cell phones or other recording devices are not allowed behind the blocks. Operations of a drone, or any other flying apparatus, are 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." (Sections 103.11-13, 202.4.9.H-J)*

Deck Access: Coaches and officials must have valid USA Swimming credentials available at all times while on deck. Spectators and parents are restricted to designated spectator seating areas.

Eligibility:

1. *Meet is open to any USA Swimming Registered athletes. No on-deck registration will be permitted.*
2. *Submit YARD TIMES ONLY for seeding. NTs will **NOT** be accepted.*
3. *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.*

Safety: *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 ("MAAPP2.0"), and that they understand that compliance with the MAAPP2.0 policy is a condition of participation in the conduct of this competition. Applicable Adults are defined as: All USA Swimming non-athlete members and adult athlete members; Participating non-members (i.e., Meet marshals, meet computer operators, timers, etc.); LSC and club adult staff and board members; and any other adult authorized to have regular contact with or authority over a minor athlete.*

Swimwear: *No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet. Age determined on the first date of the meet.*

1. *Tech suits are defined as any suit with bonded seams, kinetic tape, or mesh seams.*

2. 12 & under athletes observed violating this rule will be disqualified.

Rules: Current USA Swimming and OSI Rules will govern. OSI Safety Guidelines and Warm-up procedures will be strictly enforced.

Schedule:

- Warm ups: 7:00AM -7:45AM
- Officials Meeting: 7:15AM
- Coaches Meeting: 7:45AM
- Session 1 Start: 8:00AM
- *An updated timeline will be sent out by June 27th

Entries: Swimmers may enter a **maximum of 4 individual** events and 3 Relays, **7 events for the meet**. Entries will be limited to approximately **325** swimmers per session or **not to exceed the four-hour timeline**. Entries will be accepted in order of submission until such time as the session/meet is full or the entry deadline is reached. **Entries will Open on June 10th at 8:00 AM and will be closing at 8:00 PM FRIDAY June 21st, 2024.** Submit yard times only for seeding.

Submit entries on Hy Tek software by email. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.

1. Priority for entries will be given to those teams committing to provide officials.
2. With your entries, please provide the names of the officials committed to each session.
3. Email entries to Kim Jennings: fgscmeetmgr@gmail.com
4. At the Meet Directors discretion, entries may be accepted after the given deadline.

Awards: No awards will be given at this meet. line would be sufficient.

Officials: Please remit a list of certified officials that will be attending with your club's entry file. The meet director and referee retain the right to accept entries out of order to ensure a complement of officials.

Seating: Teams will have assigned seating and spectators will need to bring their own chairs. As we are expecting this meet to fill, we will also have the outdoor space available for tents and additional seating.

Heat sheets will be available on Meet Mobile for free.

Hospitality: Coaches and officials are invited to enjoy the hospitality provided for them by the parents and sponsors of the Forest Grove Swim Club.

No Coach Present: For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmer's responsibility to arrange for a certified coach to be

responsible for the swimmer. This must be done BEFORE the swimmer can enter the water for warm-ups or competition. Upon arrival at the meet, please see the Meet Director or the Meet Referee if assistance is needed.

Saturday June 29 – Warm up 7:00am Meet Start 8:00am

#1 Girls Open	200 Free Relay	#2 Boys Open
#3 Girls Open	25 Free	#4 Boys Open
#5 Girls Open	50 Free	#6 Boys Open
#7 Girls Open	100 Medley Relay	#8 Boys Open
#9 Girls Open	200 Medley Relay	#10 Boys Open
#11 Girls Open	25 Back	#12 Boys Open
#13 Girls Open	50 Back	#14 Boys Open
#15 Girls Open	400 Free Relay	#16 Boys Open
#17 Girls Open	25 Fly	#18 Boys Open
#19 Girls Open	50 Fly	#20 Boys Open
#21 Girls Open	400 Medley Relay	#22 Boys Open
#23 Girls Open	25 Breast	#24 Boys Open
#25 Girls Open	50 Breast	#26 Boys Open
#27 Girls Open	800 Free Relay	#28 Boys Open
#29 Girls Open	100 Free Relay	#30 Boys Open

Time Trials:

sign up at the Clerk of Course:

Sign ups begin at 8:30am

Sign ups close at 9:30am

*Cost: \$10/ per event **CASH ONLY***

Time Trials will be offered at the discretion of the meet referee, time permitting. Please note, there is a maximum of 2 time trials, these will not count towards swimmers daily entry limit. Time trials will be swum at the conclusion of the session. Swimmers are required to provide their own timers. We will not be offering any time trials for events over 200 yards.

Entry Fees:

Fees	EVENTS	RELAY EVENTS	ATHLETE SURCHARGE
OSI FEES PAID TO OREGON SWIMMING	\$0.50	\$2.00	\$3.00
FGSC EVENT FEES FOR MEET EXPENSES	\$4.00 for timed finals events.	\$8.00	N/A
FACILITY FEES PAID TO FOREST GROVE AQUATIC CENTER	N/A	N/A	\$10.00
TOTAL MEET FEES	\$4.50	\$10.00	\$13.00

Entry fees are due to the clerk of course by the end of warmups. Checks payable to Forest Grove Swim Club.

Breaks: At the Meet Referee's discretion, breaks may be inserted in the meet to provide adequate recovery for athletes between events or for any other reason the Referee sees fit to address.

Meetings:

1. Coach meetings will be held 15 minutes prior to the start of the meet.
2. Officials' meetings will be held 1 hour prior to the start time.

Timers:

1. Each team will be given lane-timing assignments.
2. Please sign up on the list at Clerk of Course Table.