



# 2024 OR HEAT Senior Sprints Intersquad February 3-4, 2024

Hosted by Hillsboro Swim Team  
SCY – Timed Finals

## SANCTION # 24-026

**Held under the sanction of USA Swimming, Inc.** In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming and Hillsboro Swim 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.

### MEET REFEREES

Ronette Bakke  
rbakke@srpcs.com

### ADMIN OFFICIAL

Anne Stansell  
annestansell@aol.com

### MEET DIRECTOR

Elaine Heasley  
meetdirector@hillsboroheat.org

Chad Vassallo  
chad.vassallo@frontier.com

Schedule	Sessions	Positive Check-in	Warm-ups (outdoors)	Session Start
Saturday, February 3	1) Open	10:30 am	*TBD	*TBD
Sunday, February 4	2) Open	10:30 am	*TBD	*TBD

\*Warm-ups/start times will be confirmed the week of the meet. Warm-ups will be in the outdoor pool and may move indoors once the Blastoff prelim sessions have cleared the deck.

### LOCATION

Shute Park Aquatic and Recreation Center (SHARC)  
953 SE Maple St  
Hillsboro, OR 97123  
503.681.6127

### PARKING

A drop-off zone is available at the facility entrance off Maple St. Street parking is available surrounding the recreational complex on Maple St, 9<sup>th</sup> Ave and Cedar St. There are two additional parking lots: across the street from the facility off 9<sup>th</sup> Ave, and at the south end of Shute Park off SE 10<sup>th</sup> Ave/TV Hwy. NO parking in the library parking lot, Carl's Jr parking lot or in marked spots for meet officials/volunteers.

### ONSITE AMENITIES

- Arena vendor: suits and gear available to purchase in the SHARC lobby.
- Concessions: located in classroom behind starting blocks. CASH and ZELLE payments only.
- Hospitality Room: for Coaches/Officials, located in classroom off pool deck.
- Results: on Meet Mobile and posted for viewing in lobby.
- Locker rooms for athletes. Lobby restrooms and family changing rooms for non-athletes.
- Water bottle filling stations outside locker rooms.



## **FACILITY**

Indoor, heated, 25-yard, 6-lane pool and Colorado automatic timing system. Starting-block end from 5 feet to 5 ½ feet deep. Shallow end 3 ½ feet deep. The competition course has not been certified in accordance with 104.2.2C(4). Access areas are available for adaptive swimmers. Also available is a 25-yard outdoor pool for warm-up and warm-down.

Bleacher seating around the pool deck is available for spectators as well as limited space for setting up chairs. Belongings may NOT be left on deck after the morning prelim sessions or overnight. Anything left on deck will be placed in the meet's lost and found. Neither the SHARC nor the HEAT is responsible for anything moved, lost, stolen, etc.

Locker rooms are available for athletes. Lobby restrooms and family changing rooms are available for non-athletes. A deck restroom is reserved for coaches and officials.

## **LOST AND FOUND**

Located on the table in the hallway between the Concessions and Hospitality Rooms. Please also inquire at the SHARC front desk for items left in the locker rooms.

## **RULES & SAFETY**

Current USA Swimming rules will govern this meet. Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect.

In order to be on deck and serve in their official capacity, all coaches, officials and any other person, required by sanction to be members of USA Swimming, shall have their current membership credentials available to show, on the USA Swimming app or by hard copy, if requested.

**MAAPP (Minor Athlete Abuse Prevention Policy):** All adult participants associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

**Locker Rooms/Restrooms:** Locker rooms are available for athletes. Lobby restrooms and family changing rooms are available for non-athletes. A deck restroom is reserved for coaches and officials.

**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.

**Medical Supervision:** Shute Park Aquatic & Recreation Center (SHARC) provides lifeguards for both indoor and outdoor pools during the entirety of the meet. Lifeguards are certified in First Aid, CPR, Emergency Oxygen and AED, which are available on site. A facility supervisor is also on duty at all times and is a certified lifeguard. SHARC staff will call 911 should a situation require additional medical assistance.

## **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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or lockers rooms. Cameras and 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.

## **MEDIA NOTICE**

This meet may be live streamed and/or covered by the media, including 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.

## **OFFICIALS**

**If you plan to officiate at this meet, please sign up on the team's website ahead of time.**

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

## **MEETINGS**

Officials' meetings are held on deck 15 minutes prior to the start of each session.

Coaches' meetings will not be held for this meet.

## **HEAT SHEETS**

Once positive check-ins and deck-seeding are completed, heat sheets will be available in these formats:

- Printed copies in the Hospitality room for Coaches/Officials.
- Posted in the venue for viewing (behind the starting blocks and in the lobby).
- Meet Mobile for free.
- Printed copies at the Clerk of Course for free (upon request only).

## **TIMERS/VOLUNTEERS**

Please sign up for all volunteer positions on the team's website ahead of time. Check in for your shift, or sign up to fill a vacant position, at the Clerk of Course desk in the SHARC lobby.

## **AWARDS**

No awards.

## **FORMAT**

This is a deck-seeded, timed-finals, intersquad meet for HEAT athletes who are not participating in the B/C Blastoff. Three events are offered each day. The sessions will begin once B/C Blastoff prelims have finished and after a short break determined by the referee. There will be 10-minute breaks between events.

## **POSITIVE CHECK-IN**

Coaches may pick up a check-in sheet at the Clerk of Course before warm-ups and return it to the Clerk of Course, or Admin Official, at least 1 hr before the start of the session for deck seeding. Swimmers not positively checked in will not be seeded.

## **MEET LIMIT**

Approximately 50 swimmers per session. Including the three events and breaks, the sessions are planned to last about 1 hr.

## **ELIGIBILITY**

This meet is for HEAT athletes who have been invited by their coach and are not participating in the B/C Blastoff. Swimmers must be currently registered with USA Swimming. No on-deck registrations are permitted. All swimmers must be supervised by a USA Swimming certified coach at the meet. 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. The age-up date is the first day of the meet.

## **ENTRIES**

Please submit YARD times only for seeding. "NT" entries will not be accepted. If time is unknown, a best estimate is required. All entries must be submitted electronically via email. Swimmers' ages and USA Swimming registration numbers must be included.

*Please email:* Hy-Tek compatible Entry File (zipped)



**ENTRY LIMIT**

Swimmers may enter a maximum of 3 events per day and 6 events total.

**ENTRY FEES**

\$0.00

**ENTRY DEADLINE**

Entry deadline is **Thursday, January 25, at midnight.**

On-deck additions or changes are not allowed unless approved by the meet referee.

**COACHES SUBMIT ENTRIES TO**

[meetdirector@hillsboroheat.org](mailto:meetdirector@hillsboroheat.org)



## Order of Events

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### Saturday

Session 1		
Girls	EVENTS	Boys
1	<b>Open 50 BK</b>	2
	<i>10 min Break</i>	
3	<b>Open 100 IM</b>	4
	<i>10 min Break</i>	
5	<b>Open 50 FR</b>	6

### Sunday

Session 2		
Girls	EVENTS	Boys
7	<b>Open 50 FL</b>	8
	<i>10 min Break</i>	
9	<b>Open 100 FR</b>	10
	<i>10 min Break</i>	
11	<b>Open 50 BR</b>	12