

2024 Valley Coast Swim League Invitational

Hosted by South Coast Aquatic Team

A/B/C Age Group and Senior

Saturday, March 9 & Sunday March 10

HELD UNDER THE SANCTION OF USA SWIMMING, INC

Sanction:

24-037

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.

In applying for this sanction, the South Coast Aquatic Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, State of Oregon, Coos County and the City of North Bend

Location

North Bend Municipal Pool
2455 Pacific Ave
North Bend, OR 97459
(541) 756-4915

Meet Referee:

Aimee Hoefs 541-404-7539 aimee13346@hotmail.com

**Administrative
Official:**

Norm Hart 541-912-6295 normanhart@msn.com

Meet Director:

Robyn Wakeling 541-294-6728 scatboard@gmail.com

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 March 9, 2024.

Entry Open:

Entries may be submitted beginning at **12:01 am, Thursday, February 15, 2024.**

Entry Deadline:

Entries must be received by no later than **8:00 pm, Monday, March 5, 2024.**

Entry Limit:

Swimmers may enter a maximum of four individual events plus two relays, per day. A maximum of 275 Swimmers will be accepted.

Entry Fees:

\$3.00 Oregon Swimming surcharge per swimmer
\$10.00 Facility Fee per swimmer (paid to facility)
\$4.50 individual event fee
\$10.00 Relay entry fee
Entry fees must accompany master entry form. Make checks payable to:
South Coast Aquatic Team

Entry Address:

ATTN: Meet Director
PO Box 684
North Bend, OR 97459
541-294-6728
scatboard@gmail.com

Entries:

- 1) Submit **YARD TIMES** only for seeding.
- 2) Submit entries on Hy-Tek Meet Management or Team Unify format via email to Entry Address. Please attach DOC or PDF of Hy-tek entries. Be sure the printout matches what is in your email.
- 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.
- 4) With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.

Please send your entries to Robyn Wakeling at scatboard@gmail.com in a new email with the name of the team in the subject line. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA swimming. Any swimmer entered in the meet must be certified by a USA member coach as being proficient in performing racing starts or must start each race from within the water.

Seeding:

1. Events 1 - 10 (all age groups for the 50 free) Will be swam by age group and gender. The top 12 finishers in each age group from preliminaries will swim in the finals on Sunday morning. There will be an awards presentation for those races at the conclusion of event #10 on Sunday.
2. Positive check-in for the 500 is required on Sunday morning of the meet. **Swimmers must provide their own lap counters and timers.**

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 may enter the water for warm-ups or competition. Please see the Meet Director or the Meet Referee if assistance is needed, upon arrival at the meet.

Facility:

1. Indoor, 25 yards, 6 lanes
2. Pool depth at the start end is 5'0" and 3'6" at turn end. The facility will ensure that the course dimensions are as stated in the meet information.
3. Automatic timing system with touch pads and backup buttons.
4. Seating for approximately 100 spectators is bench-style on the north end of the pool.
5. Parking available, Additional parking available on the street, the parking lot on the south end of the pool, and the mall to the northwest of the pool.
6. Concessions will be open throughout the meet.
7. Swim venue includes: Men's and women's locker rooms with access onto the pool deck and is only available to swimmers. **NO Spectators will be allowed behind the blocks.**
Coaches/Officials/Swimmers ONLY!
8. Facility is accessible to adaptive swimmers.
9. Two separate restrooms for non athletes on the north end of the pool deck. A portable restroom is located on the outer patio on the south side of the pool.

Restrictions:

1. TOBACCO PRODUCTS OF ANY KIND, INCLUDING AND NOT LIMITED TO E CIGARETTES OR VAPE PENS. ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE.
2. Shaving is NOT allowed in the venue.
3. Pets, other than service animals are NOT allowed in the venue.
4. Use of audio or visual recording devices, including a cell phone, is not permitted behind the blocks, in changing areas, rest rooms or locker rooms.
5. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
6. Photography. No cell phones or other recording devices are allowed behind the blocks.
7. Operation of a drone or any other flying apparatus is prohibited over the venue (pool, athlete/coaches' areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
8. Tech Suits Statement: No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

Rules & Safety:

1. Current USA swimming and Oregon Swimming Inc., rules will govern this meet.
2. Current Oregon Swimming Safely Guidelines and Warm-up Procedures will be in effect and strictly enforced by deck marshal's, coaches & officials.
3. 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.
4. Locker rooms are for Athletes ONLY and will be strictly enforced.
5. All Applicable Adults under USA Swimming's MAAPP will have marked bathrooms/changing rooms.

Medical:

Medical facilities available include lifeguards, an AED, and community 911 EMS.

Bull Pen:

A bullpen will be provided for all 8 & Under swimmers on Saturday and Sunday for individual events only. All other swimmers shall report directly to their assigned lanes.

Scoring &

Awards:

Individual:	1 st – 18 th	Ribbons	
50 Freestyle Event	1 st – 6 th 7 th – 18 th	Medals Ribbons	← Awards presentation for the 50 free (top 6) will take place at the conclusion of event #10 on Sunday
Relays:	1 st - 6 th	Ribbons	
Team Awards	1 st -3 rd	Trophies	

Individual events will be swum together and awarded by age groups. 8 & U, 9 & 10, 11 & 12, 13 & 14 and 15 – 18.

Awards will be available for collection by a team coach or representative after the completion of the meet.

- Hospitality:** Meals, drinks and snacks will be provided for the coaches and deck officials.
- Concessions:** Food, drinks and snacks will be served throughout the meet. There will be an independent food truck "Ice Queen" available on the patio area serving specialty ice-cream and shaved iced treats.
- Heat Sheets:** Heat sheets will be available for sale at concessions.
- Vendors:** Events by Idea will be available on site for meet-themed apparel.
- Meetings:** Official's meetings will start forty-five minutes before the start of the meet. The Coaches meetings will start fifteen minutes before the start of the meet.
- Coaches**
- Check-In:** Coach's packets/heat sheets will be available from the clerk of course located near the crow's nest. Current credentials will be required. We would appreciate initial entry meet fees being paid to the clerk of the course prior to the start of the meet.
Current credentials will be required.
- Officials:** We always appreciate the assistance of USA Swimming Certified Officials from other clubs. If you will be attending this meet, please notify the Meet Referee Aimee Hoefs.
- Timers:** Each team will be given timing assignments. Lane timing is the responsibility of all guest teams. We rely on volunteer lane timers to keep the meet running smoothly without delay and to ensure all swimmer times are recorded. Timers timing at this meet understand and acknowledge the current USA Swimming Rules including the Minor Athlete Abuse Prevention Policy (MAAPP) will govern this meet.
- Times:** Warm-ups will be assigned with later warm ups given to the teams from furthest out of the area. Assignments will be notified once meet entry deadline has passed. Warm-up/Cool-down area of the pool can be made available if necessary to accommodate additional swimmers as needed.
The four hour rules for 12 and under swimmers will remain in effect throughout the meet.

Meet starts: Saturday: 11:30 am Sunday: 10:30 am

Warm Ups: Saturday: 9-11:15 am Sunday: 8-10:15 am

Lodging:

The beautiful Mill Casino & RV Park is offering a special rate of \$165.00/night.

Reservation deadline is 3/4/24

Reservation procedures will be emailed to invited teams.

There is no camping allowed at the facility. Our area is plentiful in state, county and private campgrounds as well as many hotels, motels and vacation home rentals within a 15 minute drive. Examples include: Bay Point Landing (RV, Tent, Airstream and tiny-home style full service suites), Beach Bound RV Park (RV/Tent Sites), Sun Outdoors, Bastendorff State Park, KOA, Riley Ranch, Tugman State Park and many more.

<https://campgrounds.rvlife.com/regions/oregon/coos-bay>

More lodging information can be found the Chamber of Commerce

<http://www.orgegonsbayareachamber.com>,

or by calling them at **(541)-269-0215**.

Special Events:

50/50 drawing: We will be conducting a 50/50 raffle with the winner announced on Sunday before the conclusion of the meet. Tickets are \$2 each or buy 3 for \$5. Cash preferred but tickets can be purchased at the concessions stand with credit or debit cards using square with a minimum purchase of \$5.

Coach's Dinner Saturday March 9 time @ 6pm: Bring your meet-planning calendars and join us at Puerto Vallarta (230 South 2nd Street Coos Bay, OR 97420) to meet, greet, eat and plan both for next year's VCSL and to coordinate event calendars. **This is open to all team coaches and will be catered with a no-host bar. We ask you to RSVP by March 5 to scatboard@gmail.com.**

COVID-19 PROTOCOLS**AND RESTRICTIONS:**

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Incl, cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH THE EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND OREGON SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

All events are timed finals except for the 50 free which will have prelims and finals

**Order of Events
Saturday, March 12**

Event #	Gender	Event	Gender	Event #
1	Girls	8 & under 50 Free Prelims	Boys	2
3	Mixed	9 -10 50 Free Prelims	Boys	4
5	Mixed	11-12 50 Free Prelims	Boys	6
7	Mixed	13-14 50 Free Prelims	Boys	8

9	Mixed	15-18 50 Free Prelims	Boys	10
11	Girls	8 & under 100 Medley Relay	Boys	12
13	Girls	10 & under 200 Medley Relay	Boys	14
15	Girls	12 & under 200 Medley Relay	Boys	16
17	Mixed	8 & under 25 Back		
18	Mixed	10 & under 50 Back		
19	Mixed	11-12 50 Back		
20	Mixed	14 & under 100 Back		
21	Mixed	15-18 100 Back		
22	Mixed	8 & under 25 Fly		
23	Mixed	10 & under 50 Fly		
24	Mixed	11-12 50 Fly		
25	Mixed	14 & under 100 Fly		
26	Mixed	15 -18 100 Fly		
27	Girls	14 & under 200 Medley Relay	Boys	28
29	Girls	18 & under 200 Medley Relay	Boys	30
31	Mixed	18 & under 200 Free		

**Order of
Sunday,
13**

**Events
March**

Event #	Gender	Event	Gender	Event #
1	Girls	8 & under 50 Free Finals	Boys	2
3	Girls	9-10 50 Free Finals	Boys	4
5	Girls	11-12 50 Free Finals	Boys	6
7	Girls	13-14 50 Free Finals	Boys	8
9	Girls	15-18 50 Free Finals	Boys	10
50 Free Medals Presentation				
32	Mixed	10 & under 100 IM		
33	Mixed	11-12 100 IM		
34	Mixed	14 & under 200 IM		
35	Mixed	15-18 200 IM		
36	Girls	8 & under 100 Free Relay	Boys	37

38	Girls	10 & under 200 Free Relay	Boys	39
40	Girls	12 & under 200 Free Relay	Boys	41
42	Mixed	8 & under 25 Free		
43	Mixed	10 & under 100 Free		
44	Mixed	11-12 100 Free		
45	Mixed	13-14 100 Free		
46	Mixed	15 -18 100 Free		
47	Mixed	8 & under 25 Breast		
48	Mixed	10 & under 50 Breast		
49	Mixed	11-12 50 Breast		
50	Mixed	14 & under 100 Breast		
51	Mixed	15-18 100 Breast		
52	Girls	14 & under 200 Free Relay	Boys	53
54	Girls	18 & under 200 Free Relay	Boys	55
56	Mixed	18 & under 500 Free		