

2024 LEGACY SHOWDOWN INVITE

January 27th-28th, 2024

HELD UNDER THE SANCTION OF USA SWIMMING

Sanction #: 24-022

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.

Eligibility: Swimmers must be currently registered with USAS with listed age as of 1/27/24. NO ON DECK REGISTRATION SHALL BE PERMITTED.

Location: Parkrose Swim Pool
12003 NE Shaver Ct. Portland, OR 97220

Officials: Meet Referee: Debbie Laderoute debbie@oregonswimming.org
Admin Official: Anne Stansell annestansell@aol.com

Timeline: Saturday: Prelims. Warm-Ups 7:30am-8:45am. Meet Starts 9:00am
Saturday: Finals. Warm-Ups - 2 hours after conclusion of prelims
Sunday: Timed Finals. Warm-Ups 7:30-8:45am. Meet Starts 9:00am
Sunday Distance Session: Begins 20min. After Sunday AM session.

Entries: Submit YARD times for seeding in Hy-tek format.
Email entries to coachbobbyddac@gmail.com
With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.

Entry Deadline: Monday January 22nd, 2024, Entry Open Date: Wed January 10, 2024

Entry fees: \$20 Surcharge/Swimmer (\$17 Facility Fee, \$3 OSI Fee)
\$3.00 Individual Event
\$8.00 Relay Fee
Checks payable to BCAC

Entry limit: 13&O (7 event & 2 relays), 12&U (6 events & 2 relays) *both no more than 3 events & relays on Saturday*

Facility: Competition Pool – eight lanes, 7-ft lanes, 25 Yard pool. Depth: The starting block end is 9 feet, the turn end is 3.5 feet. The competition course has not been certified in accordance with 104.2.2 C(4).

Rules: Current USA Swimming and Oregon Swimming Inc., rules will govern this meet. The 4-hour rule will be in effect for all swimmers.

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

Restrictions: Tobacco products of any kind, alcoholic 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. Cameras or other recording devices are not allowed behind the blocks. Deck changing is prohibited.

Event Format: TIMED FINALS EVENTS: All Sunday events, All Relays, All 8&Under Events. 12U swimmers can only swim in one session on Sunday.

SATURDAY 1/27 PRELIMS/FINALS EVENTS:

Saturday events will be swum prelims/finals format with the exception of 8&Under events which will be swum as Timed Finals. Events will be swum mixed age-group during prelims but separated into age-groups for Finals.

Swimmers will have 30 minutes to declare their intent to scratch from finals, with the Clerk of Course, after the prelim results are posted at clerk of course. Declaring intent to scratch gives swimmers until 30 minutes after their last event's results are announced to turn in a final decision. Swimmers who intend to swim in finals do not need to report to the Clerk of Course.

Scoring Individual Top 8: 9-7-6-5-4-3-2-1
 Relays Top 4: 12-9-6-3

Age Groups: Finals & Results will be divided into age groups: 8U, 9-10, 11-12, 13-14, 15O

Awards: Team Trophy to 1st Place Team
 Individuals: 1st Place Medal, 2nd-7th Ribbons

Saturday Finals Check-In Swimmers will have approx. 30 min after prelims results posted to declare scratch for finals at the clerk of course.

Meetings Officials Meeting 45 min. prior to start of every meet session.
 Coaches Meeting 15 min. prior to start of every meet session.

Hospitality There will be a hospitality room available for coaches & officials

Officials: The uniform for officials will be white over black, with black shoes and socks. Please contact meet referee Debbie Laderoute Debbie.laderoute@gmail.com if you plan on attending the meet.

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.

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.

*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. **No cameras or other recording devices are 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."*

GIRLS	SATURDAY 1/27 AM PRELIMS	BOYS	MIXED	SUNDAY 1/28 AM TIMED FINALS
1	8&U 25 Free	2	45	8U 50 Free
3	OPEN 50 Free	4	46	OPEN 200 Free
5	8&U 25 Breaststroke	6	47	8U 50 Breast
7	12U 50 Breaststroke	8	48	12U 100 Breast
9	OPEN 100 Breaststroke	10	49	OPEN 200 Breast
11	8&U 25 Butterfly	12	50	8U 50 Fly
13	12&U 50 Butterfly	14	51	12U 100 Fly
15	OPEN 100 Butterfly	16	52	OPEN 200 Fly
17	8&U 25 Backstroke	18	53	8U 50 Back
19	12U 50 Backstroke	20	54	12U 100 Back
21	OPEN 100 Backstroke	22	55	OPEN 200 Back
23	12U 100 IM	24	56	OPEN 100 Free
25	OPEN 200 I.M.	26		
27	8&U 100 Free Relay	28		
29	10&U 200 M.R.	30	MIXED	SUNDAY 1/28 - DISTANCE
31	11-12 200 M.R.	32	57	OPEN 400 IM
33	13-14 200 M.R.	34	58	OPEN 1650 Free*
35	OPEN 200 M.R.	36		*Initial Distance - 500/1000
GIRLS	SATURDAY 1/27 PM FINALS	BOYS		
37	10&U 200 F.R.	38		
39	11-12 200 F.R.	40		
41	13-14 200 F.R.	42		
43	OPEN 200 F.R.	44		
	10U 50 Free			
	11-12 50 Free			
	13-14 50 Free			
	15U 50 Free			
	10u 50 Breast			
	11-12 50 Breast			
	13-14 100 Breast			
	OPEN 100 Breast			
	10U 50 Butterfly			
	11-12 50 Butterfly			
	13-14 100 Butterfly			
	OPEN 100 Butterfly			
	10u 50 Back			
	11-12 50 Back			
	13-14 100 Back			
	OPEN 100 Back			
	10U 100 IM			
	11-12 100 IM			
	13-14 200 IM			
	OPEN 200 IM			

