

CRST/Legacy
Dual in the Pool
2/3/2024

Held under the sanction of USA Swimming, Inc.

Sanction No: 24-023

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: This meet is open to swimmers who are currently registered with USA Swimming. NO ON DECK REGISTRATION SHALL BE PERMITTED

MEET REFEREE: Will Noftsker w.noftsker@att.net

ADMIN Referee: Evangeline Swift

Entry into this meet implies your team will provide officials. Please send their names to the Meet Referee.

MEET DIRECTOR: Doug Lumbard dougl@lincsales.com

SPONSORED BY: Columbia River Swim Team

LOCATION: Kelso High School
1904 Allen St, Kelso, WA 98626
Direction: I-5 North to exit 39, go right on Allen St. Continue past the KHS reader board and proceed to the next/second driveway on the right. Pool is on the far right corner of lot.

FACILITY: Indoor 4.5 to 12 foot depth with blocks at the deep end, six 7-foot lanes, 25 yard pool with non-turbulent lane lines. There is a Daktronics electronic timing system with strobe/horn start and scoreboard. Facility is assessable to adaptive swimmers.

SCHEDULE: Saturday February 3rd, Warmup 9 am, Competition 10 am.

DUAL MEET: CRST vs Legacy

RULES/SAFETY: Current USA Swimming will govern this meet. Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced.

MAAPP: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”) will govern this meet. 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 they understand the compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

ENTRY DEADLINE: Entries open January 17, deadline January 26th, 2024

EVENT LIMIT: Teams may enter up to 3 individual events. Submit SHORT COURSE YARD times for seeding. This is a computerized meet. Please submit entries on Hytek software via email or disk. The 4 hour rule will be in effect.

ELIGIBILITY: 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 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. With submission of entries, the coach/team representative attests that all swimmers are registered with USA Swimming.

ENTRY FEES: \$15 facility fee per swimmer.

AWARDS: No awards

ENTRY ADDRESS: dougl@lincsales.com

Phone: 360-241-1153

Mailing address (please use this address to mail entry fees)

CRST

Attention: Darlene Lumbard

410 N Y St.

Washougal WA 98671

MEETINGS: COACHES: Meeting 15 minutes prior to start of meet.
OFFICIALS: Meeting 45 minutes prior to start of meet.

RESTRICTIONS:

- *No Technical suit may be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned, approved or observed meet.
- *No tobacco products of any kind, alcoholic beverages, and glass containers are allowed in the swimming area.
- *No shaving allowed at the pool area.
- *Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.
- *Deck changing is prohibited.
- *No cameras or other recording devices are allowed behind the blocks.
- *Operation 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.

MEDICAL SUPERVISION: Medical supervision and emergency services will be managed by certified Kelso High School facility lifeguards.

TIMERS: Each team will be expected to supply timers for the meet.

Events are Mixed Genders

1. **8&under 25 Freestyle**
2. **Open 200 Freestyle**
3. **Open 100 Backstroke**
4. **8&under 25 Breaststroke**
5. **Open 50 Butterfly**
6. **Open 100 Breaststroke**
7. **8&under 25 Backstroke**
8. **Open 100 Freestyle**
9. **Open 50 Backstroke**
10. **Open 100 IM**
11. **8&under 25 Butterfly**
12. **Open 100 Butterfly**
13. **Open 50 Breaststroke**
14. **Open 50 Freestyle**
15. **Open 200 IM**
16. **Open 500 Freestyle**
17. **11&over 200 Butterfly (time permitting)**
18. **11&over 200 Breaststroke (time permitting)**
19. **11&over 200 Backstroke (time permitting)**
20. **11&over 400 IM (time permitting)**