

**Gold's Aquatic Club Camas**  
**GACC Spring Invitational**  
**April 27-28, 2024**  
**Gold's Gym Camas**

*HELD UNDER THE SANCTION OF USA SWIMMING*

- Sanction No.** 24-041  
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 USA Swimming. NO ON-DECK REGISTRATION SHALL BE PERMITTED.
- Location:**  
Gold's Gym Camas  
2950 NW 38<sup>th</sup> Ave.  
  
Camas, WA 98607  
  
Pool Phone: (360) 834-8506
- Facility:** Outdoor, 25 meters long, 8 lanes with non-turbulent lane lines. Pool depth is 5 to 8 feet. Gold's Gym will ensure the dimensions are accurate. The starting blocks are located at the deep end. Facility is accessible to adaptive swimmers. Timing is done with Colorado electronic timing system.  
  
Parking is available but limited at Gold's Gym Camas. Swim venue includes: On deck Men's and Women's locker rooms and bathrooms for athletes only.
- Referee:** Judi Creech [jjjjcreech@comcast.net](mailto:jjjjcreech@comcast.net)  
**Meet Director:** Julie Harris: [julierharris44@gmail.com](mailto:julierharris44@gmail.com)
- AO** Kye Abernathy [kyle@kabernethy.com](mailto:kyle@kabernethy.com)  
Evangeline Swift [6swiftswa@gmail.com](mailto:6swiftswa@gmail.com)
- Entries:** Please submit a Hytek entry file to [kyle@kabernethy.com](mailto:kyle@kabernethy.com). Submit SC METER TIMES ONLY. With the submission of entries, the coaches/team representative attests that all swimmers entered are registered with USA Swimming. NTs are not acceptable for entry. 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.
- Entry Deadline:** Entry opens **March 15, 2024** and must be received by **5:00PM by Thursday, April 18, 2024**.

**Meet Format:** All events will be swum mixed gender as timed finals.

**Entry Fees:** \$20 per swimmer. Includes \$3 OSI Fee and \$17 Facility Charge

\$5.50 per event fee; \$15 per relay fee

Please make checks payable to:  
Gold's Aquatic Club Camas and sent to:

Gold's Gym Camas  
GAC Spring Invitational  
2950 NW 38<sup>th</sup> Ave  
Camas, WA 98607

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

**Tech Suits:** As of September 1, 2020, no Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

<b>Schedule:</b>	<u>Warm-ups</u>	<u>Competition</u>
Saturday/Sunday AM	8:00-8:45	9:00
Saturday/Sunday PM	30 minutes after end of morning session	

**Events:** Swimmers may enter 3 individual events and 1 relay each day. 12&U entries may be limited so the session does not exceed 4 hours.

**Saturday Session 1 (12&Under)**

- 1. Mixed 100 IM**
- 2. Mixed 50 Free**
- 3. Mixed 100 Back**
- 4. Mixed 200 IM**
- 5. Mixed 50 Breast**
- 6. Mixed 100 Butterfly**
- 7. Mixed 200 Medley Relay**

**Saturday Session 2 (13 &Over)**

- 8. Mixed 200 Free Relay**
- 9. Mixed 200 IM**
- 10. Mixed 50 Free**
- 11. Mixed 200 Breast**
- 12. Mixed 100 Butterfly**
- 13. Mixed 400 Free**
- 14. Mixed 100 Free**
- 15. Mixed 200 Back**
- 16. Mixed 400 Medley Relay**

**Sunday Session 3 (12&Under)**

- 17. Mixed 100 Free**
- 18. Mixed 50 Butterfly**
- 19. Mixed 200 Free**
- 20. Mixed 100 Breast**
- 21. Mixed 50 Back**
- 22. Mixed 200 Free Relay**

**Sunday Session 4 (13&Over)**

- 23. Mixed 400 Free Relay**
- 24. Mixed 200 Free**
- 25. Mixed 100 Back**
- 26. Mixed 100 Breast**
- 27. Mixed 400 IM**
- 28. Mixed 200 Butterfly**
- 29. Mixed 200 Medley Relay**

**Check-in:**

Heat sheets will be made available to coaches and will be published to Meet Mobile at no charge. Heat Sheets will not be sold at the meet. Copies will be posted on the wall and a digital copy will be sent out the night prior to meet.

**Time Trials:**

**Sanction No.**

24-042

Time trials will be conducted at the discretion of the Meet Referee, time permitting. Individual events will only be offered, maximum of 2 time trials per day. Time trials do not count toward the daily limit. Time trials will be swum following the session in event order. Swimmers must provide their own timers and counters. Time trial swimmers must be entered in meet to participate in time trials.

**Awards:**

Top 6 finishers in each event from each age group will receive an award for both Male and Female. 8&Under, 9-10, 11-12, 13-14, 15+. The top three relays will receive awards for both 10&Under and 11&Over events.

**Meeting:**

Officials meeting will be held at 1 hour prior to the start of the meet. Coaches meeting will be held 15 minutes prior to the start of the meet.

**Safety:**

Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect. 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. No parents or non-competing children are allowed in the competition area (swimmers, timers, officials, and coaches only.)

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

**Restrictions:**

No tobacco products, alcohol, or glass containers are allowed in the pool facility. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. No cell phones or other recording devices are allowed behind the blocks. No deck changing. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. At the discretion of the referee and meet management, restrictions may be placed on the deck and/or spectators to comply with facility, state, county and/or local health or capacity regulations.

The Meet Referee shall be the final authority for the conduct of completion.

**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.