

# Legacy SC Kick-Off Meet

October 14-15, 2023

*HELD UNDER THE SANCTION OF USA SWIMMING*

- Sanction #: 23-103  
In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming and Legacy Aquatic 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. Swimmers must be the listed age as of October 14, 2023.
- Location: Molalla Aquatic Center
- Meet Referee: Debbie Laderoute [debbie.laderoute@gmail.com](mailto:debbie.laderoute@gmail.com)
- Admin Official: Anne Stansell [annestansell@aol.com](mailto:annestansell@aol.com)
- Meet Director: Bobby DeRoest [coachbobbyddac@gmail.com](mailto:coachbobbyddac@gmail.com)
- Times: Warm-ups 8:00am. Meet Starts 9:00am
- Entries: Submit YARD times for seeding in Hy-tek format.  
Email entries to Bobby DeRoest at [bobby\\_deroest@ddsd40.org](mailto:bobby_deroest@ddsd40.org).  
With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.
- Entries Due: Friday October 6th 12:00pm
- Meet fees: \$11.00 surcharge (\$3 to OSI, \$8 to facility) Events = \$3.50/event
- Event limit: 3 events per swimmer / day. 6 events total. Entries will be limited to keep sessions under 4 hours.
- Facility: Competition Pool – eight lanes, 2.5m lanes, 25 Yard pool. Depth: The starting block end is 7 feet, the turn end is 3.5 feet. The competition course has not been certified in accordance with 104.2.2 C(4). Colorado Timing System. 2 timers/lane.
- Awards: Heat Winner Awards will be given for this meet
- Rules: Current USA Swimming and Oregon Swimming Inc., rules will govern this meet.
- 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. 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.
- 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. Photography is not allowed behind the blocks during the start of a race or relay exchange. 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. Deck changing is prohibited.

- 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.
- 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.
- Tech Suits:** No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.
- Meetings:** An officials meeting will be held 45 minutes prior to the start of the session. A coaches meeting will be held 15 minutes prior to the start of the session. If you are available to help officiate this meet please use the following link to indicate your availability:  
<https://forms.gle/ujDyhzpmKsCJpAwv6>

**ORDER OF EVENTS – ALL EVENTS ARE MIXED GENDER**

<b><u>Saturday 10/14</u></b>	<b><u>Sunday 10/15</u></b>
1 – 12u 100 IM	12 – Open 200 Free
2 – Open 200 IM	13 – 8u 25 Back
3 – 8u 25 Free	14 – Open 100 Back
4 – Open 100 Free	15 – 12u 50 Fly
5 – 12u 50 Breast	16 – Open 200 Fly
6 – Open 200 Breast	17 – Open 50 Free
7 – 8u 25 Fly	18 – 8u 25 Breast
8 – Open 100 Fly	19 – Open 100 Breast
9 – 12u 50 Back	20 – Open 400 IM
10 – Open 200 Back	
11 – Open 500 Free	