

Legacy Aquatics December Invite

Sunday December 17, 2023

HELD UNDER THE SANCTION OF USA SWIMMING

- Sanction #: 23-123
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.** Swimmers must be the listed age as of December 17th, 2023.
- Location: David Douglas Aquatics Center. 13030 SE Taylor Ct. Portland, OR 97233
- Meet Referee: Glen Sharp glensharp.usas.ao@gmail.com
- Admin Official: Dana Nation dananation@gmail.com
- Meet Director: Bobby DeRoest coachbobbyddac@gmail.com
- Times: Warm-ups 10:00am. Meet Starts 11:00am
- Entries: Submit YARD times for seeding in Hy-tek format.
Email entries to Bobby DeRoest at bobby_deroest@ddsd40.org.
With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.
- Entries Due: Monday December 11th 8:00pm. Entries open date: Friday December 9th.
- Meet Fees: Surcharge \$15/swimmer. Individual Events: \$3/event Relays: \$8/entry
- Event limit: 3 individual events per swimmer, 1 relay per swimmer
- Events: All events are MIXED GENDER
- 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). Daktronics Timing System. 2 timers/lane.
- Awards: Heat Winner Awards will be rewarded at the conclusion of each heat.
- Rules: Current USA Swimming and Oregon Swimming Inc., rules will govern this meet. The 4-hour rule will be in effect.
- 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. No cameras or other recording devices are allowed behind the blocks during the start of a race or relay exchange. Deck changing is prohibited.

- Medical: Medical facilities available at facility, lifeguards will be on duty throughout the event in case of 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.
- 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.

ORDER OF EVENTS – ALL EVENTS ARE MIXED GENDER

SESSION 1

#1	13O	200 Free
#2	8U	25 Breaststroke
#3	12U	50 Breaststroke
#4	Open	100 Breaststroke
#5	8U	25 Backstroke
#6	12U	50 Backstroke
#7	Open	100 Backstroke
#8	8U	25 Freestyle
#9	Open	50 Freestyle
#10	Open	100 Freestyle
#11	8U	25 Butterfly
#12	12U	50 Butterfly
#13	Open	100 Butterfly
#14	12U	100 IM
#15	13O	200 IM
#16	Open	200 Free Relay - <i>time permitting</i>