

OREGON SWIMMING, INC.

2021 OSI Arena 10&U LC Championships

JULY 10-11, 2021

Held under the sanction of USA Swimming, Inc.

Sanction #: TBA

In granting this sanction, it is understood and agreed that USA Swimming and Oregon 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.

Albany Aquatics Association has implemented enhanced health and safety measures for participants and attendees. At all times you must follow the local government protocols and facility requirements; these will also be posted on premises. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating and/or attending, you voluntarily assume all risks related to exposure to COVID-19. ***Anyone not adhering to the guidelines set forth will be asked to leave, no exceptions***

USA Swimming, Inc., OSI, Albany Aquatics Association and the Albany Pool cannot prevent you or your children from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, OREGON SWIMMING, INC, ALBANY AQUATIC ASSOCIATION AND THE ALBANY COMMUNITY POOL, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION

Meet Referee: Sheila Lovell-Otterstrom swimflygo@gmail.com

Asst. Referee: Julia Murphy murphyhwdfloors@msn.com

Admin Official: Pat Allender patrick.allender@gmail.com

Meet Director: Jennifer Milburn meetdirector@albanyaquaticassoc.com

Location: Albany Community Pool, 2150 36th Ave. SE, Albany, OR 97322, (541)967-4521

Directions: From Interstate 5 Take exit 234B, follow 99E/Pacific Blvd to Waverly Drive, head south on Waverly to 36th Ave SE.

Facility: Indoor 3 ½ -12 foot depth with blocks at the deep end, six 7- foot lanes, 50 meter pool with non-turbulent lane lines. There is a Daktronics electronic timing system, with strobe/horn start and scoreboard. Meet Manager Software with IBM computer will be utilized. Parking is adjacent. A concession stand will be available outside. Contact Meet

Director for camping information. Facility is accessible to adaptive swimmers. The competition course has not been certified in accordance with 104.2.2C(4).

Restrictions: Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue. The venue is described as the park property and includes the parking lot, pool areas, decks, locker rooms, swimmer rest areas, and spectator areas. There is no body shaving allowed in the swimming venue. Use of audio or visual recording devices including cell phones is not permitted in changing areas, restrooms, and locker rooms. Photography is not allowed behind the blocks. Flash photography is not allowed except by express permission of the Meet Referee. Operation of a drone, or any other flying apparatus, is prohibited over the pool and surrounding venue areas any time coaches, officials and/or spectators are present. Use of video recording devices in or directly over the competition pool is prohibited. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Deck Access: All coaches (with participating athletes), officials, and any other person required by sanction to be members of USA Swimming shall visibly display their membership credentials at all times. All certifications, including Concussion Training, must be valid. Coaches must show current credentials to the Meet Director/Designated volunteer, upon arrival to the meet. Only swimmers, coaches, officials, authorized volunteers, and facility employees are allowed inside the gated portion of the facility. Coach/Athlete ratio may be enforced. (Subject to Covid Restrictions)

Rules: Current USA Swimming and OSI Rules and OSI Scratch Rules including the Minor Athlete Abuse Prevention Policy (MAAPP) will govern. All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of USA Swimming MAAPP and they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

OSI Safety Guidelines and Warm-up Procedures will be strictly enforced. 2 warm-up lanes will be reserved for 8&u swimmers. (Subject to Covid restrictions)

Format: This is a timed finals meet.

Format Changes: At the discretion of the Meet Referee, the Executive Director of Oregon Swimming, and the Meet Director, the meet format may be changed to accommodate State, County, Local and Facility Covid 19 restrictions. This includes, but is not limited to; adding additional sessions, reducing entry limits and changes to the Start/End times for each day.

Eligibility: Swimmers must be currently registered with USA Swimming/Oregon Swimming. Age on the first day of competition applies to the entire meet. Qualifying times must have been achieved from **July 1, 2019** through the entry deadline for this meet. All entries must be in the SWIMS database prior to entry deadline. Times not posted in the SWIMS database by the entry deadline will not be accepted. There is no on-deck registration.

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.

Unaccompanied swimmers must be assigned a certified coach. Contact the Meet Director for assistance by July 9, 2021.

Time Schedule: TBD: No later than 48 hours after the initial entry period has closed.

Entry Limits: six (6) individual events for the meet, but no more than five (5) individual events per day and two (2) relays. We may change the # of entries due to Covid Restrictions.

Entry Deadline: Entries must be received by **Noon on Wednesday, June 30th, 2021**. NEW QUALIFYING TIMES achieved by July 5th will be accepted until Noon on Monday July 5th. Please send an email to office@oregonswimming.org and include Swimmer's

name, ID number, event number, and time. Previously entered times will not be updated.

Entries: Email an entry file from Hy-Tek or Team Unify and a PDF of the meet entry report to office@oregonswimming.org. The office will confirm receipt of entries by replying with two documents: a team entry report and a team fee report. The total shown on the team fee report will be charged to the team account. **NO PAYMENTS WILL BE ACCEPTED AT THE POOL.** Enter personal best times achieved in the qualifying period. Entry times will be seeded 1. Long Course Meters (LCM), 2. Short Course Meters (SCM), 3. Short Course Yards (SCY). Do not convert times. Non-qualifying times and late entries will not be accepted.

Swimmers with disabilities are encouraged to enter the meet. If accommodations are required, it is the coach's responsibility to notify the Meet Director and/or Meet Referee prior to the entry deadline. Contact the Disability Chair for the appropriate time standard to be used.

All club or individual members entering OSI Championship meets must be in good standing with no outstanding money owed to Oregon Swimming or OSCA. All payments must be made prior to the meet entry deadline. **Any team or member who is not in good standing shall be denied entry into OSI Championship meets**

Relays: "Relay only" swimmers must be entered in the meet and must pay the swimmer surcharge. Names for relays must be submitted on the Hy-Tek entry file for "relay only" swimmers. Relay Times must be proven in the SWIMS database. **8&U Relay entries must include a minimum of one team member who is competing in an individual event.**

Swimwear: Swimmers 12 years old and younger are not permitted to wear "Technical" suits at any USA Swimming sanctioned or approved meet. Age is determined on the first date of the meet

Meet Results: A Hy-Tek Commlink file and an HTML file will be posted on OSI's website.

Entry Fees: \$15.00 surcharge per swimmer.
\$1.00 electronic heat sheet fee per swimmer.
\$4.00 per individual event.
\$10.00 per relay event

Awards: Individual events: 1st thru 6th , Medals, 7th thru 12th place, Ribbons
Relay events: 1st thru 3rd place, Medals, 4th thru 6th place, Ribbons

Coaches must pick up all awards at the completion of this meet. Efforts will be made to return unclaimed awards, but there will be no guarantee that swimmers will receive them once the meet has concluded.

Breaks: Breaks may be added at the discretion of the Meet Referee.

Meetings: **Officials' Meetings:** Via Zoom 7pm, Wednesday July 7, 2021.
Coaches' Meetings: Via Zoom Noon &/or 7:30 pm Thursday July 8, 2021.

Timers: TBD based on Covid 19 Restrictions

Hospitality: Hospitality will be provided by AAA. (Subject to Covid 19 restrictions)

Officials: The help of certified officials is greatly appreciated. To be considered for the Assigned Team, applications must be submitted to the Meet Referee before July 1, 2021. Application to officiate linked [HERE](#). Prelims Uniform; white polo shirt, black shoes and socks, and black shorts, slacks, or skirt. Finals Uniform; white polo shirt, black shoes and socks, black slacks or skirt.

SCHEDULE OF EVENTS – Saturday, July 10th, 2021

	GIRLS						BOYS			
<u>EV</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>			<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EV</u>
1	2:37.49	2:53.09	3:06.59	10&U	200	Medley Relay	2:44.99	3:01.29	3:08.59	2
3	1:30.99	1:40.09	1:46.69	8&U	100	Free	1:32.89	1:42.09	1:41.49	4
5	3:20.49	3:40.29	3:53.99	9	200	IM	3:21.99	3:43.19	3:53.99	6
7	2:58.69	3:16.59	3:23.19	10	200	IM	3:02.09	3:20.39	3:22.19	8
9	53.19	58.39	58.39	8&U	50	Fly	58.59	1:04.29	1:01.29	10
11	43.19	47.49	50.59	9	50	Fly	44.59	48.99	53.29	12
13	37.39	41.09	42.59	10	50	Fly	38.99	42.89	43.69	14
15	53.69	58.99	1:01.29	8&U	50	Breast	58.69	1:04.49	1:01.99	16
17	1:45.89	1:56.39	2:01.09	9	100	Breast	1:47.99	1:58.79	2:05.29	18
19	1:33.79	1:42.99	1:49.29	10	100	Breast	1:37.59	1:47.39	1:48.69	20
21	1:32.79	1:41.09	1:47.79	9	100	Back	1:36.69	1:46.19	1:49.89	22
23	1:23.79	1:32.09	1:34.59	10	100	Back	1:25.59	1:34.09	1:35.79	24
25	2:20.29	2:41.99	2:42.99	10&U	200	Free Relay	2:25.19	2:41.99	2:42.99	26

SCHEDULE OF EVENTS - Sunday, July 11, 2021

	GIRLS						BOYS			
<u>EV</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>			<u>EVENT</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>EV</u>
27	2:58.29	3:15.99	3:20.99	9	200	Free	3:03.99	3:22.09	3:26.79	28
29	2:40.59	2:56.69	2:58.99	10	200	Free	2:40.59	2:56.69	2:58.89	30
31				8&U	200	Medley Relay				32
33	1:21.49	1:29.59	1:34.09	9	100	Free	1:23.29	1:31.49	1:32.89	34
35	1:12.39	1:19.49	1:21.89	10	100	Free	1:13.99	1:21.29	1:21.49	36
37	47.69	52.49	55.29	9	50	Breast	49.99	54.99	58.49	38
39	43.49	47.79	49.29	10	50	Breast	44.99	49.49	48.59	40
41	47.69	52.39	54.29	8&U	50	Back	49.09	53.89	53.79	42
43	41.99	46.09	47.59	9	50	Back	43.89	48.29	50.09	44
45	37.99	41.69	43.09	10	50	Back	39.39	43.29	44.99	46
47	39.99	43.99	45.89	8&U	50	Free	40.99	45.09	44.89	48
49	35.59	39.19	41.09	9	50	Free	35.99	39.59	41.59	50
51	32.49	35.69	36.49	10	50	Free	32.89	36.19	36.39	52
53	1:46.89	1:57.49	2:02.69	9	100	Fly	1:49.99	2:00.99	2:01.49	54
55	1:28.49	1:37.19	1:44.29	10	100	Fly	1:34.09	1:43.99	1:47.69	56
						Break				
57				8&u	200	Free Relay				58

***8&U Relay entries must include a minimum of one team member who is competing in an individual event.**

WARM-UP INFORMATION TO FOLLOW (needs to be cleared by the facility with regard to Covid Restrictions)

Section IX - Safety Guidelines and Warm-up Procedures

A. Warm-up Procedures

1. General Warm-up (First 30-45 minutes) a. NO head first entries or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter. b. Head first entries are NOT allowed during this general warm-up session. c. All lanes to be used for general warm-ups.

2. Specific Warm-ups (last 30-45 minutes) RECOMMENDED LANE USE
Pool Push/Pace Racing Starts General Warm-up

6 Lane 2 & 5 1 & 6 3 & 4

8 Lane 2 & 7 1 & 8 3, 4, 5 & 6

9 Lane 2 & 8 1 & 9 3, 4, 5, 6 & 7

10 Lane 2 & 9 1 & 10 3, 4, 5, 6, 7, & 8

a. Push/Pace Lanes - Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.

b. Racing Starts - Only designated lanes for diving racing starts from the blocks or for backstroke starts at specified times. In long course meter pools where the depth allows starts from both ends racing starts may occur from both ends with swimmers exiting the water before mid-pool (at Referee's discretion).

c. General Warm-up Lanes - NO Head first entries or BACKSTROKE STARTS. Circle swimming only.

3. This section may be modified at the Referee's discretion