

2025 IE LGSC Spooktacular Swim Meet

October 25-26, 2025

Held under the sanction of USA Swimming and Inland Empire Swimming, Inc. Sanction # IE-25-1601

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 the event. It is further understood that Inland Empire Swimming, Inc., all meet officials, the La Grande Swim Club, and the Veterans Memorial Pool shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms or locker rooms. Deck changing is prohibited. Changing into or out of swimsuits other than in the facility locker rooms, or other designated area designated by the host facility, is not appropriate, and is prohibited. 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. All 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.

Host: La Grande Swim Club (LGSC)

Location: Veterans Memorial Pool - 401 Palmer Street - La Grande, OR 97850 - (541) 962-1347

Facility: Indoor, 25-yard, 8 lane pool. Starting blocks in the deep end only. Pool depth is 4'4" to 9'1". The meet host will ensure the required course dimensions. Warm up/cool down space will be available. Swim venue includes Men's and Women's locker rooms with access onto the pool deck. Pool deck areas available to the swimmers, coaches, officials, and meet workers only. Facility is handicapped accessible with seating for 150 spectators. Lifeguards will be on duty at all times during warm-ups and the meet. Meet marshals will be on deck for the entire meet.

Eligibility: Open to all swimmers who are currently registered with USA Swimming. Registration numbers must accompany the master entries. Age on the first day of the meet determines the age group to enter. Athletes with a disability are welcome and are asked to direct requests for any needed accommodations to the Meet Referee prior to the meet.

Rules: Current USA Swimming rules and Inland Empire Swimming rules will govern the meet. The whistle start protocol will be used throughout the meet. "No recall" starts and Inland Empire scratch rules will be in effect. The Meet Referee shall be the final authority for the conduct of the competition. Any protests or questions concerning the outcome of an event shall be directed to the Meet Referee and shall come from the Coach of that team. Swimmers participating in the meet without a coach must report to the Meet Referee at the start of the warm-up session for instructions. Coaches must be current USA Swimming certified and must provide proof of current certification upon request by the Meet Referee. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member coach then it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. In-water starts are required for the 25-yard events and at the 2nd and 4th legs of the 100-yard relays. Events will be timed finals and will be swum slowest to fastest.

Individual Entries: Swimmers may enter a maximum of four (4) events per day. Meet is limited to 250 swimmers with the first 250 entries received having priority. The order of events may be revised to a split meet format and/or events may be combined at the discretion of the Meet Referee. Time trials will not be available. Positive check-in will be required for 400 IM and 1000 Free events. Swimmers must provide their own timers and counters for the 1000 Free. Meet management reserves the

right to limit the 400IM and 1000 Free entries to allow completion within a timely manner. The 400IM and 1000 Free may be swum fastest to slowest based on entries and at the discretion of the Meet Referee.

- Relay Entries:** Swimmers may enter a maximum of one (1) relay per day. Only the two (2) fastest relay finishers per team are awarded points and ribbons. For entry and scoring purposes there are separate events for boys, girls, and mixed. These events, however, will be swum together. Mixed relay entries must consist of two girls and 2 boys. Non-compliant relay teams can swim but will be disqualified upon completion.
- Deck Entries:** Swimmers who have not pre-entered the maximum number of events as stated above may deck enter additional events (up to the corresponding daily limit) with payment of \$7 per event due upon approval. Deck entries will only be allowed in open lanes at the discretion of the Meet Referee. No deck registrations will be allowed.
- Entry Deadline:** October 15, 2025
- Entry Fees:** \$25 per swimmer (\$15 IES fee, \$10 facility fee), \$6 per event, \$16 per relay
- Entry Submissions:** Submit entries to Tatiana Ricker, Administrative Official
E-mail: tatarick27@gmail.com
Entries must be submitted with 4 attachments:
1. .zip entry file from Team Manager or Team Unify
2. Print to file (Word or PDF format) of team individual entries
3. Print to file (Word or PDF format) of team relay entries
4. Print to file (Word or PDF format) of meet fees due
The USA Swimming SWIMS database requires that ALL swimmer data be correct before any meet data (swimmer times) will be loaded into the USA Swimming database. If you know of any swimmer data that is NOT correct in the meet database, please notify the meet referee as soon as possible. Appropriate changes will be made and the data will be sent to USA Swimming within 3 days of the meet.
- Checks for entry fees should be made out to La Grande Swim Club (LGSC).
Mail payments to: P.O. Box 306, La Grande, OR 97850
- Timing System:** Daktronics Omnisport 2000 Electronic timing system with 8 lane scoreboard & touch pads.
- Timers:** Each team will be asked to provide timers.
- Schedule:** Saturday & Sunday – all times PST
Warm-up 12 & Under 8:30 – 9:00 A.M.
Warm-up 13 & Over 9:00 – 9:45 A.M.
Officials meeting will be held 9:00 A.M.
Coaches meeting will be held at 9:45 A.M.
Meet begins promptly at 10:00 A.M.
- Awards:** Individual: Ribbons 1st– 12th
Relays: Ribbons 1st – 6th
High Point awards to the top Boy and Girl in each age group, based on individual events. Each team should have a representative to pick up awards at the end of the meet. Awards will not be mailed to teams that fail to pick up their awards at the end of the meet.
- Scoring:** Scoring will be done by individual age groups (8 & U, 9-10, 11-12, 13-14, 15 & over), and those points count towards individual high point. Relay awards will be given by grouping (10 & under, 12 and under & 13 and over). Individual scoring will be to 12th place, relays to 6th place. Open events (400IM and 1000 freestyle) will not be scored.

Officials: **Meet Director:** Beth Koza - bkoza71@gmail.com - (541) 910-0625
Meet Referee: Steve Koza – koza.steve@gmail.com - (541) 910-6690
Administrative Official: Tatiana Ricker - tatarick27@gmail.com
Starter: Isaac Lynch
Stroke & Turn: Kristine Alf Rippee, Curt Ricker, Elizabeth Zastrow, Jenell Zamora

Visiting officials are welcome and encouraged to help. Official's dress is white shirt, blue pant/shorts/skirt and white shoes. Please note times of scheduled officials' meetings and please be prepared to show current USA Swimming Registration. These will be checked by the Meet Referee before deck assignments are made. Hospitality will be provided for officials and coaches.

Restrictions: **TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. NO SHAVING. NO FLASH PHOTOGRAPHY DURING THE START OF A RACE. ABSOLUTELY NO PHOTOGRAPHY OR VIDEOGRAPHY PERMITTED BEHIND THE STARTING BLOCKS OR IN THE LOCKER ROOMS.**

Athlete Safety: Medical supervision will be available to all athletes participating in the meet, and to spectators in attendance. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. An AED is located on the pool deck in the facility.

Concessions: Concessions will be available during the meet on site.

Heat Sheets: Heat sheets will be available on Meet Mobile and emailed out to coaches to distribute to families prior to the meet. Copies will be posted and provided to coaches.

Apparel: On site vendor will provide apparel items for sale.

Safe Sport: The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party.

A report to the U.S. Center for SafeSport may be made via telephone at 833-5US- SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.

All athletes age 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before October 25, 2025 who has not completed APT by the **first** day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or before October 25, 2025, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Saturday Events – Session 1

- 1 Mixed 8 & Under 50 Freestyle
- 2 Mixed 9-12 100 Freestyle
- 3 Mixed 13 & Over 100 Freestyle
- 4 Mixed 8 & Under 25 Breaststroke
- 5 Mixed 9-12 50 Breaststroke
- 6 Mixed 13 & Over 100 Breaststroke
- 7 Mixed 10 & Under 100 Medley Relay
- 8 Mixed 12 & Under 200 Medley Relay
- 9 Mixed 13 & Over 200 Medley Relay
- 10 Mixed 8 & Under 50 Backstroke
- 11 Mixed 9-12 100 Backstroke
- 12 Mixed 13 & Over 200 Backstroke
- 13 Mixed 8 & Under 25 Butterfly
- 14 Mixed 9-12 50 Butterfly
- 15 Mixed 13 & Over 200 Butterfly
- 16 Mixed 10 & Under 100 IM
- 17 Mixed 11 & Over 200 IM
- 18 Mixed Open 1000 Freestyle

Sunday Events – Session 2

- 19 Mixed 8 & Under 100 Freestyle
- 20 Mixed 9-12 200 Freestyle
- 21 Mixed 13 & Over 200 Freestyle
- 22 Mixed 8 & Under 25 Backstroke
- 23 Mixed 9-12 50 Backstroke
- 24 Mixed 13 & Over 100 Backstroke
- 25 Mixed 10 & Under 100 Freestyle Relay
- 26 Mixed 12 & Under 200 Freestyle Relay
- 27 Mixed 13 & Over 200 Freestyle Relay
- 28 Mixed 8 & Under 50 Butterfly
- 29 Mixed 9-12 100 Butterfly
- 30 Mixed 13 & Over 100 Butterfly
- 31 Mixed 8 & Under 25 Freestyle
- 32 Mixed 9-12 50 Freestyle
- 33 Mixed 13 & Over 50 Freestyle
- 34 Mixed 8 & Under 50 Breaststroke
- 35 Mixed 9-12 100 Breaststroke
- 36 Mixed 13 & Over 200 Breaststroke
- 37 Mixed 10 & Under 200 IM
- 38 Mixed Open 400 IM