



## FGSC Season Opener Pentathlon

October 7-8, 2023

Held Under The Sanction Of USA Swimming  
Sanctioned By Oregon Swimming

Sanction Number: 23-097

In applying for this sanction, the Forest Grove Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Oregon Swimming, the State of Oregon, and the City of Forest Grove. In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming and the Forest Grove Swim Club 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.

Swimmers must be Currently registered with USA swimming. No on-deck registration will be permitted. Swimmers must be within the listed age brackets as of October 7th, 2023. Clubs entering swimmers who are not registered are subject to a fine per Oregon Swimming Rules and Regulations.

Meet Referee:	Darrell Geymann	<a href="mailto:darrell.geymann@yahoo.com">darrell.geymann@yahoo.com</a>
Meet Director:	Kim Jennings	<a href="mailto:fgscmeetmgr@gmail.com">fgscmeetmgr@gmail.com</a>
Meet AO:	Glenn Sharp	<a href="mailto:sharp.glen@gmail.com">sharp.glen@gmail.com</a>

Location:	Forest Grove Aquatic Center: 2300 Sunset Drive, Forest Grove OR. 97116 (503) 992-3238
Parking:	Limited off street parking is available at the pool. On-street parking is available East of Sunset Dr. on side streets, and west of the College Campus parking lot on Main St. There is no camping or RV parking.
Facility:	Indoor, 25 yard pool with 6 lanes, non-turbulent lane lines and overflow gutters. All events have a 5 ½ ft. starting depth and 11 ft. at the turn end. Adaptive access is by ladders at both ends of the pool. Open pool deck areas, specifically marked on the day of the meet, are available for swimmers, coaches and officials only. The competition course has not been certified in accordance with 104.2.2C(4). Daktronics timing system, horn start, finish touch-pads, dual button backup, and Keifer Intrepid starting blocks. Results via Daktronics display board.
Restrictions:	TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES, AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. THERE IS NO SHAVING ALLOWED IN THE SWIMMING VENUE. The use of any device capable of taking video or a photo, including cell phones, are not permitted in the changing areas, rest rooms

	<p>or locker rooms. <b>The use of GoPro™ and similar photographic/video devices in, on or near the pool during competition are not allowed. Photography is not allowed behind the blocks during the start of a race or during relay exchanges.</b> Deck changing is prohibited. Operations of a drone, or any other flying apparatus, is prohibited over the venue.</p>
Deck Access:	Coaches and officials must have valid USA Swimming credentials available at all times while on deck. Spectators and parents are restricted to designated spectator seating areas.
Safety:	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 (“ <b>MAAPP</b> ”), and that they understand that compliance with the <b>MAAPP</b> policy is a condition of participation in the conduct of this competition. 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. Unaccompanied swimmers must be assigned a coach <b>BEFORE</b> the swimmer may enter the water for warm-ups or competition.
Medical Safety	Lifeguards will be on deck, first aid room, first aid kit, and AED .....
No Coach Present:	For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmers responsibility to arrange for a certified coach to be responsible for the swimmer notifying the Meet Referee. This must be done <b>BEFORE</b> the swimmer may enter the water for warm-ups or competition. Upon arrival at the meet, please see the Meet Director or the Meet Referee if assistance is needed.
Rules:	Current USA Swimming and OSI Rules will govern. OSI Safety Guidelines and warm-up procedures will be strictly enforced.
Swimwear:	No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.
Entries:	<p><b>Swimmers are encouraged to enter all five individual events.</b> Entries will be limited to a maximum of 350 swimmers or not to exceed the four hour time limit. <b>Entries will be accepted starting at 6 PM September 20, 2023</b> and in order of submission until such time as the session/meet is full or the entry deadline is reached. Please submit a Hytek entry file to Kim Jennings <a href="mailto:fgscmeetmgr@gmail.com">fgscmeetmgr@gmail.com</a> YARD TIMES only for seeding. NT will <b>NOT</b> be accepted please provide an estimated time based on practice times. With submission of entries, the coach-team representative attests that all swimmers entered are registered with USA Swimming..</p> <p>Mail payment to:  FGSC  Attn: Meet Director,  PO Box 242,</p>

	Forest Grove OR 97116 Or you may remit payment to the Clerk of Course Prior to Warm up Saturday Morning.
Entry Deadline:	<b>Entries must be received by 6:00 PM September 30, 2023</b>
Entry Fees:	\$18.00 surcharge per swimmer (Includes \$3 OSI charge and \$15 facility fee) \$4.50 per individual event fee (includes .50 per event OSI fee) Please make checks payable to Forest Grove Swim Club or FGSC
Meet Limit:	4-Hour limit per day will be observed and planned from the beginning to the end of all 12 and under sessions.
Breaks:	At the Meet Referee's discretion, breaks may be inserted in the meet to provide adequate recovery for athletes between events or for any other reason the referee sees fit to address.
Awards:	1st-3rd- Trophy 4th-6th-Medal 7th-12th Ribbon Athletes must participate in all 5 events to be eligible for an award. Athletes with the overall fastest times will be awarded accordingly. DQ's in an event will be given a penalty of +30 seconds on that event's time.
Meetings:	Officials meeting will be held in the hospitality room at the start of warm ups. Coaches meeting will be held 15 minutes prior to the start of the meet.
Hospitality:	Coaches and officials are invited to enjoy the hospitality provided by the parents and sponsors of the Forest Grove Swim Club.
Bull Pen:	Will be provided.
Schedule:	Warm ups: 7:45AM-8:45AM Officials Meeting: 8:30AM Coaches Meeting: 8:45AM Session 1 Start: 9:00AM *An updated timeline will be sent out by October 6th

Saturday October 7th, 2023

Mixed	Age	Event
1	8 and under	25 Fly
2	9-10	50 Fly
3	11-12	50 Fly
4	13-14	100 Fly
5	15 & over	200 Fly
6	8 and Under	25 Free
7	9-10	50 Free
8	11-12	50 Free
9	13-14	100 Free
10	15 and over	200 Free
11	8 and Under	25 Breast
12	9-10	50 Breast
13	11-12	50 Breast
14	13-14	100 Breast
15	15 and Over	200 Breast

Sunday October 8th, 2023

Mixed	Age	Event
16	8 and Under	25 Back
17	9-10	50 Back
18	11-12	50 Back
19	13-14	100 Back
20	15 and Over	200 Back
21	8 and Under	100 IM
22	9-10	100 IM

23	11-12	200 IM
24	13-14	200 IM
25	15 and over	400 IM