



**Oregon City Fall Open
Short Course Meters A/B/C
November 4th - 5th, 2023**

HELD UNDER THE SANCTION OF USA Swimming INC.

SANCTION #: #23-091

In applying for this sanctioned event, the Host, Legacy Aquatics – Oregon City, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Oregon Swimming, the State of Oregon and Clackamas County. It is also 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.

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 (CDC), senior citizens, and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., OCST, and Oregon City Pool cannot prevent you (or your child(ren)) 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, OCST, LEGACY AQUATICS, AND OC PARKS & REC, 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:	Glen Sharp	glensharp.usas.ao@gmail.com	503-679-8727
ADMIN OFFICIAL:	Anne Stansell	annestansell@aol.com	
MEET DIRECTOR:	Matthew Crum	ocst.coach@gmail.com	503-952-6260

- SPONSOR:** Oregon City Swim Team
P.O. Box 724
Oregon City, OR 97045
Website: www.ocst.net
- LOCATION:** Oregon City Municipal Pool
1211 Jackson Street
Oregon City, OR 97045
Pool Phone: 503-657-8273
- ELIGIBILITY:** Swimmers must be currently registered with U.S.A. Swimming or registered in a foreign swimming federation, NO ON DECK REGISTRATION SHALL BE PERMITTED. Swimmers must be within the listed age brackets as of November 4th, 2023. All swimmers must be supervised by a USA-Swimming certified coach at the meet. If they don't have one, they must report to the meet referee prior to the start of warm-ups to be assigned to one.
- MEET LIMIT:** First swimmers whereby time-line maintains 4 hour limit. Session 3 may be cancelled due to time constraints and at the discretion of the meet referee.
- ENTRY DEADLINE:** Entries must be received by 5:00 P.M. Friday October 27th, 2023.
- ENTRY LIMIT:** Swimmers may enter a max of THREE (3) events per day, plus ONE (1) Distance *for 13 & Over*, and ONE (1) relay.
- ENTRY FEES:** \$15.00 Surcharge (\$3.00 Oregon Swimming, \$12.00 facility fee)
\$3.00 Individual Event Fee
\$10.00 Relay Event Fee
Entry fees must accompany entries and be received prior to the start of the meet.
Make checks payable to: Oregon City Swim Team
- ENTRY ADDRESS:** OCST C/O Matt Crum 16891 S. Pam Dr. Oregon City, OR 97045
Ocst.coach@gmail.com Email entries preferred.
- ENTRIES:** *We ask that you enter BC-level 11-12 swimmers in the AM sessions and AB level 11-12 swimmers in the PM Sessions. We will not regulate this however, for the sake of time and competition we are offering two 11-12 racing times. 11-12 swimmers may only enter either the morning or the afternoon session, they may not do one event in the morning and another in the afternoon.*
1) Submit SHORT COURSE METERS TIMES FOR SEEDING.
2) Ages and USA-S registration numbers must be included.
3) HY-TEK Meet Management Software will be used. Please submit entries via email. E-mail to: ocst.coach@gmail.com Please zip files, including a word team meet entry report and meet entry fee report. On your team entry report, please include the following: "I have read the meet information, and attest that all competitors entered hereon are members of United States Swimming, Inc.". If you do not use HY-TEK, please contact the Meet Director.
4) Send payment to Entry Address.

With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.

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.
- FACILITY:** Indoor, 25 meters, with 6 lanes 2.5m per lane. Starting blocks at the deep end of the pool only (12 ft.) Shallow end is 3'6". Daktronics Timing system, parking available, seating for 160 spectators and a community room away from the pool for another 75 people. Men's and Women's locker rooms. Open pool deck areas available for swimmers, coaches and officials only. Facility accessible for adaptive swimmers. The competition course has not been certified in accordance with 104.2.2C (4).
- RESTRICTIONS:** Tobacco products, alcoholic beverages and glass containers are not allowed in the facility. Shaving is not permitted in the facility. 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 starts and relay exchanges. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Spectators will be allowed to use the hallway bathrooms while the changing rooms will be designated for swimmers only.

USA Swimming Rule 102.8.1F - No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

MAAPP POLICY: US USA Swimming Minor Athlete Abuse Prevention Policy - 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.

RULES: Current US Swimming, Inc. and Oregon Swimming, Inc. rules will govern this meet.

SAFETY CODE: Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect.

TIMES:	Date	Warm-Ups	Timed Finals
Session 1 12 & Under	Saturday, November 4 th	7:00 am	9:00 am
Session 2 11 & Over	Saturday, November 4 th	1:15 pm*	2:30 pm*
Session 3 13 & Over	Saturday, November 4 th	6:00 pm**	6:30 pm**
<i>Session 3 may be cancelled due to time constraints and at the discretion of the meet referee.</i>			
Session 4 12 & Under	Sunday, November 5 th	7:00 am	9:00 am
Session 5 11 & Over	Sunday, November 5 th	1:15 pm*	2:30 pm*

Relays may be eliminated due to timeline.

*Estimated time. Warm-ups will be directly after conclusion of morning session and timed finals will start 75 minutes after the end of morning session.

**Estimated time. Warm-ups for the distance session will be directly after the conclusion of the afternoon session and racing will begin 30 minutes after the end of the afternoon session.

BULLPEN: There will be a bullpen for 8 & Under and their events.

AWARDS: Individual: 1st – 8th place ribbons by 8 & under, 9 – 10, 11 – 12am, 11-12pm, 13 – 14, and 15 & Over for boys and girls.
Relays: 1st – 6th place ribbons.

All awards must be picked up at the conclusion of the competition. They will not be mailed.

MEETINGS: Officials' meeting will be held 45 minutes prior to the start of each session. Coaches' meeting may be held 15 minutes prior to the start of each session if necessary.

OFFICIALS: We always appreciate the help of Certified Officials from other clubs. If you will be attending this meet, please notify Glen Sharp by emailing glensharp.usas.ao@gmail.com so that your name can be added to the schedule. Dress is white Polo over black pants/shorts/skirt with black shoes and socks. An Officials' Hospitality covered area may be provided if requested ahead of time.

TIMERS: Timing assignments will be listed by session in the heat sheet and will be based on the number of swimmers attending each session. Competitors in end of meet distance events are required to supply a timer and a lap counter for their swim.

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Saturday-November 4, 2023
12 & Under Warm-Ups 7:00 AM Timed Finals 9:00 AM

Girls		Boys
Event #	Event Name	Event #
1	12 & Under 200 Freestyle	2
3	8 & Under 100 Freestyle relay	4
5	10 & Under 200 Freestyle relay	6
7	12 & Under 200 Freestyle relay	8
9	8 & Under 25 Freestyle	10
11	8 & Under 25 Breaststroke	12
13	12 & Under 100 IM	14
15	12 & Under 50 Backstroke	16
17	12 & Under 100 Freestyle	18
19	12 & Under 50 Butterfly	20
21	12 & Under 100 Breaststroke	22

Saturday-November 4, 2023
Starting 75 minutes after the end of the morning session

Girls		Boys
Event #	Event Name	Event #
23	Open 200 Freestyle Relay	24
25	11 & Over 100 Freestyle	26
27	11 & Over 50 Butterfly	28
29	11 & Over 200 Breaststroke	30
31	11 & Over 50 Backstroke	32
33	11 & Over 100 Butterfly	34
35	11 & Over 400 Individual Medley	36
37	11 & Over 200 Freestyle	38
39	11 & Over 100 Backstroke	40

Distance Session Saturday-November 4, 2023
Starting 40 minutes after the end of the afternoon session

Girls		Boys
Event #	Event Name	Event #
41	13 & Over 800 Freestyle	42

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Sunday-November 5, 2023
12 & Under Warm-Ups 7:00 AM Timed Finals 9:00 AM

Girls		Boys
Event #	Event Name	Event #
43	12 & Under 200 IM	44
45	8 & Under 100 Medley relay	46
47	10 & Under 200 Medley relay	48
49	12 & Under 200 Medley relay	50
51	8 & Under 25 Backstroke	52
53	8 & Under 25 Butterfly	54
55	12 & Under 100 Backstroke	56
57	12 & Under 50 Freestyle	58
59	12 & Under 100 Butterfly	60
61	12 & Under 50 Breaststroke	62
63	12 & Under 400 Freestyle*	64

**400 Free heats may be restricted due to timeline. Coaches will be notified.*

Sunday-November 5, 2023
Starting 75 minutes after the end of the morning session

Girls		Boys
Event #	Event Name	Event #
65	11 & Over 200 Medley Relay	66
67	11 & Over 200 IM	68
69	11 & Over 50 Breaststroke	70
71	11 & Over 200 Butterfly	72
73	11 & Over 50 Freestyle	74
75	11 & Over 400 Freestyle	76
77	11 & Over 100 Breaststroke	78
79	11 & Over 200 Backstroke	80