



# 2023 OR HEAT Fall Invitational October 6-8, 2023

Hosted by Hillsboro Swim Team  
SCY – Timed Finals – A/B/C  
Split Sessions – 12&U/13&O

**SANCTION # 23-087**

**Held under the sanction of USA Swimming, Inc.** In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming and Hillsboro Swim Team 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.

### MEET REFEREE

Chad Vassallo  
chad.vassallo@frontier.com

### ADMIN OFFICIAL

Anne Stansell  
annestansell@aol.com

### MEET DIRECTOR

Elaine Heasley  
meetdirector@hillsboroheat.org

Schedule	Sessions	Warm-ups	Timed Finals
<b>Friday, October 6</b>	1) Open	4:00 pm	5:00 pm
<b>Saturday, October 7</b>	2) 12 & Under	7:30 am	8:30 am
	3) 13 & Over	*12:00 pm	*1:00 pm
<b>Sunday, October 8</b>	4) 12 & Under	7:30 am	8:30 am
	5) 13 & Over	*12:00 pm	*1:00 pm

\*Start times for warm-ups and timed finals for Sessions 3 and 5 are subject to change and will be confirmed the week prior to the meet. The competition pool will be open for warm-ups up until 15 minutes before sessions start. The outdoor pool will be open for warm-ups throughout all sessions.

### LOCATION

Shute Park Aquatic and Recreation Center (SHARC)  
953 SE Maple St  
Hillsboro, OR 97123  
503.681.6127

### PARKING

A drop-off zone is available at the facility entrance off Maple Street. Street parking is available surrounding the recreational complex on Maple St, 9<sup>th</sup> Ave and Cedar St. There are two additional parking lots: across the street from the facility off 9<sup>th</sup> Ave, and at the south end of Shute Park off SE 10<sup>th</sup> Ave/TV Hwy. NO parking in the library parking lot, Carl's Jr parking lot or in marked spots for meet officials/volunteers.

### ONSITE AMENITIES

- Concessions: located in classroom behind starting blocks. CASH and ZELLE payments only.
- Franko's Hot Dogs: cart selling outside the facility adjacent to Concessions area.
- Hospitality Room: for Coaches/Officials, located in classroom off pool deck.
- Bull Pen: for 8 & Under events only.
- Results: Meet Mobile and posted for viewing in lobby.
- Locker rooms for athletes. Lobby restrooms and family changing rooms for spectators and non-athletes.
- Water bottle filling stations outside locker rooms.
- Arena vendor: suits and gear available to purchase.



## **FACILITY**

Indoor, heated, 25-yard, 6-lane pool and Colorado automatic timing system. Starting-block end from 5 feet to 5 ½ feet deep. Shallow end 3 ½ feet deep. The competition course has not been certified in accordance with 104.2.2C(4). Access areas are available for adaptive swimmers. 25-yard outdoor pool available for warm-up and warm-down.

Limited bleacher seating is available for spectators. Chairs may be set up in marked areas indoors or on the outdoor deck. Belongings MAY NOT be left on deck between sessions or overnight. Neither the SHARC nor the HEAT is responsible for anything moved, lost, stolen, etc. Anything left on deck after the meet will be placed in the meet's lost and found.

Locker rooms are available for athletes. Lobby restrooms and family changing rooms are available for spectators, coaches and officials. A deck restroom is reserved for coaches and officials.

## **LOST AND FOUND**

Located on the table in the hallway between the Hospitality and Concessions Rooms. Please also inquire at the SHARC front desk for items left in the locker rooms.

## **RULES & SAFETY**

Current USA Swimming rules will govern this meet. Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet.

In order to be on deck and serve in their official capacity, all coaches, officials and any other person, required by sanction to be members of USA Swimming, shall have their current membership available to show, on the USA Swimming app or by hard copy, if requested.

**MAAPP (Minor Athlete Abuse Prevention Policy):** All adult participants associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

**Locker Rooms/Restrooms:** Locker rooms are available for athletes. Lobby restrooms and family changing rooms are available for non-athletes. A deck restroom is reserved for coaches and officials.

**Swimwear:** 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.

**Medical Supervision:** Shute Park Aquatic & Recreation Center (SHARC) provides lifeguards for both indoor and outdoor pools during the entirety of the meet. Lifeguards are certified in First Aid, CPR, Emergency Oxygen and AED, which are available on site. A facility supervisor is also on duty at all times and is a certified lifeguard. SHARC staff will call 911 should a situation require additional medical assistance.

## **RESTRICTIONS**

Tobacco products of any kind, alcoholic beverages and glass containers are not allowed in the swimming venue. The following areas are off-limits to swimmers and spectators: deep end adjacent to competition pool, warm-water pool, hot tub, sauna, or any other area posted as restricted. No shaving permitted on the premises. Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or lockers rooms. Photography/video is prohibited behind the starting blocks. No flash photography allowed except by the express permission of the Meet Referee. No video or other photography in or over the water, such as with a GoPro-type device. Operations of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

## **MEDIA NOTICE**

This meet may be covered by the media, including photographs, video, webcasting, live streaming, social media and other forms of obtaining images or video of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

## **OFFICIALS**

Entry into this meet implies your team will provide officials, unless arranged otherwise. Trainees are welcome. Officials, please notify the Meet Director and Meet Referee which sessions you're available.

Uniform: white polo-style shirt, black pants/shorts/skirt, black socks, black closed-toe shoes, black belt.

## **MEETINGS**

Officials' meetings will be held 45 minutes prior to the start of each session.

Coaches' meetings will be held 15 minutes prior to the start of each session.

## **HEAT SHEETS**

Heat sheets will be provided in the following formats:

- Emailed to the coaches for team distribution, prior to the meet.
- Printed copies in the Hospitality room for Coaches and Officials.
- Posted on deck and in the lobby for viewing by swimmers and spectators.
- Meet Mobile for free.

## **TIMERS**

Sign-ups for lane timing will be posted on the wall behind the starting blocks. We invite anyone, 14 & older, from any team, to sign up and help with lane timing.

## **AWARDS**

1<sup>st</sup> – 12<sup>th</sup> place ribbons per individual event and age group: 8&U, 9-10, 11-12, 13-14, 15&O.

1<sup>st</sup> – 6<sup>th</sup> place ribbons per relay event and age group: 12&U, 13&O.

## **FORMAT**

This meet is SCY, pre-seeded, timed finals for A/B/C, with an Open session on Friday, and Saturday/Sunday sessions for 12&Under and 13&Over. All events will run slowest to fastest, with the exception of the 400 IM and 500 FR, which will run fastest to slowest, alternating girls/boys. Breaks may be added into the schedule, and heats may be combined, at the discretion of the referee.

## **MEET LIMIT**

Approximately 220 swimmers per session. Entries are on a first come, first entered basis. The USA Swimming four-hour rule will be planned for as much as possible. Events may be canceled by the referee to comply with the time limit, though all options to avoid this will be considered.

## **ELIGIBILITY**

Swimmers must be currently registered with USA Swimming. No on-deck registrations are permitted. Only swimmers of invited teams are eligible. All swimmers must be supervised by a USA Swimming certified coach at the meet. If they do not have one, they must report to the Clerk of Course or Meet Director prior to warm-ups to be assigned one. 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.

The age-up date is the first day of the meet.

### ENTRY LIMIT

9 & Over swimmers may enter TWO events on Friday.

8 & Under swimmers may ONLY enter the 50 FR on Friday.

All swimmers may enter THREE individual events plus ONE relay, on Saturday and Sunday, for a total of TEN events for 9 & Over, and NINE events for 8 & Under.

### ENTRIES

Please submit YARD times only for seeding. "NT" entries will not be accepted. If time is unknown, a best estimate is required. All entries must be submitted electronically via email, using Hy-Tek meet management software formatted files. Swimmers' ages and USA Swimming registration numbers must be included.

*Please email:* Hy-Tek compatible Entry File (zipped).

*Please mail:* Meet Entry Fees Report and Full Payment, by the payment deadline.

### ENTRY FEES (no refunds for entries not swum)

Fees	Individual Events	Relay Events	Athlete Surcharges
<b>OSI</b> Splash fees paid to Oregon Swimming.	\$0.50	\$2.00	\$3.00
<b>HEAT</b> Event fees for meet expenses.	\$5.00	\$10.00	N/A
<b>Facility</b> Paid to the SHARC for rental expenses.	N/A	N/A	\$8.00
<b>TOTAL</b>	<b>\$5.50</b>	<b>\$12.00</b>	<b>\$11.00</b>

### ENTRY DEADLINE

Entries will be accepted beginning on **Friday, September 22, at noon**, on a first come, first entered basis.

**Entry deadline is Monday, September 25, at midnight.**

On-deck additions or changes are not allowed unless approved by the meet referee.

### PAYMENT DEADLINE

**Monday, October 2.** Please submit a Meet Entry Fees Report and payment by this date.

### SUBMIT ENTRIES & PAYMENT TO

Hillsboro Swim Team

c/o Meet Director

PO Box 893

Hillsboro, OR 97123

meetdirector@hillsboroheat.org

*Please make checks payable to Hillsboro Swim Team or HST.*

*No credits or refunds will be given for entries not swum.*



# Order of Events

## Friday, October 6, 2023

Session 1		
Warm-ups: 4:00 pm - Timed Finals: 5:00 pm		
Girls	Events	Boys
1	9 & Over 200 IM	2
3	Open 50 FR	4

## Saturday, October 7, 2023

Session 2 (12 & Under)		
Warm-ups: 7:30 am - Timed Finals: 8:30 am		
Girls	Events	Boys
5	12 & Under 200 FR Relay*	6
7	8 & Under 25 FL	8
9	12 & Under 100 FL	10
11	8 & Under 25 BK	12
13	12 & Under 100 BK	14
15	12 & Under 50 BR	16
17	12 & Under 100 FR	18
19	12 & Under 100 IM	20
***Session 3 (13 & Over)		
Warm-ups: 12:00 pm - Timed Finals: 1:00 pm		
Girls	Events	Boys
21	13 & Over 200 FR Relay*	22
23	13 & Over 100 FL	24
25	13 & Over 200 BR	26
27	13 & Over 100 BK	28
29	13 & Over 200 FR	30
31	13 & Over 400 IM**	32

## Sunday, October 8, 2023

Session 4 (12 & Under)		
Warm-ups: 7:30 am - Timed Finals: 8:30 am		
Girls	Events	Boys
33	12 & Under 200 Med Relay*	34
35	12 & Under 50 FL	36
37	8 & Under 25 FR	38
39	12 & Under 100 BR	40
41	8 & Under 25 BR	42
43	12 & Under 50 BK	44
45	9-12 200 FR	46
***Session 5 (13 & Over)		
Warm-ups: 12:00 pm - Timed Finals: 1:00 pm		
Girls	Events	Boys
47	13 & Over 200 Med Relay*	48
49	13 & Over 100 BR	50
51	13 & Over 200 FL	52
53	13 & Over 100 FR	54
55	13 & Over 200 BK	56
57	13 & Over 500 FR**	58

\*Relays will be combined ages: 12 & Under, 13 & Over.

\*\*The 400 IM and the 500 FR events will run fastest to slowest, alternating girls and boys. Swimmers must provide their own timers (2) and counters, as needed.

\*\*\*Start times for Sessions 3 and 5 are subject to change and will be confirmed the week prior to the meet.

Breaks may be added into the schedule, and heats may be combined, at the discretion of the referee.