

2024 Bend Last Chance Meet
Feb. 11, 2024
Held under the approval of USA Swimming

In granting this approval, 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 this event.

- APPROVAL #:** 24-032
- HOST TEAM:** Bend Swim Club
- LOCATION:** Juniper Swim & Fitness Center
800 NE 6th St. Bend, OR 9770
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- MEET REFEREE:** Lynnette Konop lynnettekonop@gmail.com
- ADMIN OFFICIAL:** Norm Hart normanhart@msn.com
541-746-2953
- MEET DIRECTOR:** Heather Thomas heather.thomas@bendswimclub.com
- ELIGIBILITY:** Swimmers must be currently registered with USA Swimming or a member of a collegiate team. NO on-deck USA SWIM REGISTRATION SHALL BE PERMITTED. Swimmers must be within the listed age brackets as of Feb. 11, 2024. Only swimmers of invited teams are eligible.
- ENTRY ADDRESS:** Bend Swim Club
800 NE 6th St
Bend, OR 97701
*****Please mail checks to pool address*****
- ENTRY DEADLINE:** Entries will be accepted beginning Friday, Jan. 19, and **MUST BE RECEIVED** by midnight Friday, Feb. 2, 2024.
- ENTRY LIMITS:** Swimmers may enter a maximum of 3 individual events and 1 relay. The four-hour rule will be enforced for 12 & under events.
- ENTRY FEES:** \$15 facility surcharge per swimmer
\$3 Oregon Swimming, Inc. surcharge per swimmer
\$6.50 per individual event
- Make checks payable to Bend Swim Club
Hand deliver at meet or mail to:
Bend Swim Club
% Juniper Swim & Fitness Center
800 NE 6th St.
Bend, OR 97701
- ENTRIES:** 1) Submit **short course yard times** only for seeding. NT's are acceptable.
2) Submit entries by e-mail using HYTEK meet management software.
Please include a PRINTOUT of your entries listed by athlete. Be sure the

printout matches the entry file.

3) 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.

SCHEDULE:

Warm-ups: 10 a.m. *
Officials meeting: 10:15 a.m.
Coaches meeting: 10:50 a.m.
Timed finals: 11a.m.

* 45 minutes of general warm-ups. During general warm-up procedures, teams may open their own lane for diving at their own discretion. Coach must be present at all times during diving practice.

EVENTS:

<u>Event Order</u>	
<ul style="list-style-type: none">• Events will be swum together as mixed gender, slowest to fastest, unless otherwise noted.• <i>Relay events 20-23 will be swum as <u>all girls or all boys</u> for qualifying purposes.</i>	
1	Open 50 Freestyle Swum fastest to slowest
2	9 & Over 200 Freestyle
3	8 & Under 25 Freestyle
4	Open 100 Freestyle
5	9 & Over 200 IM
6	11 & Over 400 IM
7	12 & Under 100 IM
8	11 & Over 200 Backstroke
9	8 & Under 25 Backstroke
10	12 & Under 50 Backstroke
11	9 & Over 100 Backstroke
12	11 & Over 200 Breaststroke
13	8 & Under 25 Breaststroke
14	12 & Under 50 Breaststroke
15	9 & Over 100 Breaststroke
16	11 & Over 200 Butterfly

17	8 & Under 25 Butterfly
18	12 & Under 50 Butterfly
19	9 & Over 100 Butterfly
20	10 & Under 200 Medley Relay
21	11-12 200 Medley Relay
22	13-14 200 Medley Relay
23	Open 200 Medley Relay
24	Open 500 Freestyle <i>All entrants must have an existing time; NT is not permitted.</i>
25	11 & Over 1000 Freestyle Swum fastest to slowest <i>Limited to two heats; all entrants must have an existing time; NT is not permitted.</i>
26	11 & Over 1650 Freestyle Swum fastest to slowest <i>Limited to two heats; all entrants must have an existing time; NT is not permitted.</i>

CHECK-IN: Current credentials will be required. Please show coaching credentials to AO prior to the start of the meet.

SCRATCHES: There is no penalty for a swimmer's no-show. Any scratched athletes given to the meet director prior to entry deadline will not be charged. Scratches after the entry deadline are at the discretion of the meet director.

OFFICIALS: The help of certified officials from other clubs is greatly appreciated. If you will be attending and available to officiate, please complete [this form](#). Hospitality will be provided for officials.

TIMERS: Each team will be given lane-timing assignments.

AWARDS: None

BULLPEN: None – All swimmers report directly to their lanes.

RULES: Current USA Swimming and Oregon Swimming Inc., rules will govern this meet. "All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions 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."

SAFETY: Current Oregon Swimming Safety Guidelines and warm-up procedures will be in effect and strictly enforced. No swimmer will be permitted to compete unless the swimmer is a member as provided in article 302.

FACILITY: Indoor 25-yard pool with eight competition lanes with non-turbulent lane lines. Eight warmup lanes will be available throughout the meet. Automatic timing systems with touch pads and backup buttons. Swim venue includes men's and women's locker rooms with access onto the pool deck. Facility is accessible to adaptive swimmers. The pool is 7 feet deep in the competition end and 4 feet deep in the warm-up/cooldown end. The facility will ensure that the course dimensions are as stated.

RESTRICTIONS: NO ANIMALS ALLOWED INSIDE THE VENUE. TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES, AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. SHAVING IS NOT ALLOWED IN THE VENUE. USE OF AUDIO/VIDEO RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS. EXCEPT WHERE VENUE FACILITIES REQUIRE OTHERWISE, CHANGING INTO OR OUT OF SWIMSUITS OTHER THAN IN THE LOCKER ROOM OR OTHER DESIGNATED AREAS IS PROHIBITED. CELL PHONES OR OTHER RECORDING DEVICES ARE NOT PERMITTED BEHIND THE BLOCKS. OPERATIONS OF A DRONE OR ANY OTHER FLYING APPARATUS IS PROHIBITED OVER THE VENUE (POOL, ATHLETE/COACHES AREAS, SPECTATOR AREAS AND OPEN-CEILING LOCKER ROOMS) ANY TIME ATHLETES, COACHES, OFFICIALS AND/OR SPECTATORS ARE PRESENT.

COVID-19: 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 individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., 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 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, CITY OF BEND PARKS AND RECREATION DISTRICT, JUNIPER POOL, BEND SWIM CLUB, 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. Local Covid Protocols: Currently there are no requirements related to covid 19 for this facility. We ask that individual's distance and mask at their own comfort level and that those decisions are respected by all in attendance.