

# 2024 Comfort Suites Corvallis – CAT Long Course Winter Open

**Friday-Sunday, January 5-7, 2024**

*Held under the sanction of USA Swimming, Inc.*

- Sanction No:** #24-001  
*In granting this sanction, it is understood and agreed that the Corvallis Aquatic Team and 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.*
- Host:** Corvallis Aquatic Team
- Location:** Osborn Aquatic Center ~ 940 NW Highland Dr. Corvallis, Oregon 97330  
(541) 766-7946
- Eligibility:** Swimmers must be currently registered with USA Swimming or have an applicable FINA registration. No on-deck registration shall be permitted. Swimmers must be within the listed age brackets as of January 5, 2024. Coaches must display current credentials.
- Entry Deadlines:** **Entry acceptance period begins at noon on Wednesday, December 6, 2023.** NO EARLIER PLEASE - early entries will not be accepted! **Teams will be entered in the order entries are received.** Final entry deadline is 5:00 PM, Thursday, December 28, 2023. Please be sure swimmer USA Swimming registrations are current.
- Event Limit:** Athletes are limited to 3 individual events and 1 relay event per day.
- Meet Limit:** Teams are accepted on a first-come basis. The 12 & Under morning sessions will be limited to 4 hours. Entries for Friday, Saturday, and Sunday afternoon sessions may be limited at the discretion of the meet director and meet referee. Saturday and Sunday afternoon session warmup and meet start times may be earlier depending on the length of the morning sessions. Actual times for Saturday and Sunday afternoon sessions will be announced on Friday, December 29, 2023.
- Entry Fees:** \$17.00 per swimmer surcharge (\$14 FUF; \$3 OSI surcharge) plus \$5.00 per individual event and \$12.00 per relay. Make checks payable to Corvallis Aquatic Team.
- Entries:** Team Manager event file will be available on the CAT website and via email by Saturday, November 18. Submit **long course meter times** only for seeding. Converted times will be accepted. 12 & under swimmers in the 400 free and 13 and over swimmers in all events must meet qualifying time standards. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming, Inc. for 2024.
- Entry Address:** Send Team Manager entry file via email to [meetdirector@corvallisaquaticteam.org](mailto:meetdirector@corvallisaquaticteam.org).  
Please send checks to the following address by the entry deadline:  
CAT, c/o Rhonda Soule', 2035 NW 23rd Street, Corvallis, OR 97330



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**Scoring:** Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay: 40-34-32-30-28-26-24-22

**Awards:** Individual: 1<sup>st</sup>- 16<sup>th</sup> ribbons for 12 & Under session; Gift cards for top 5 point scorers for boys and girls 13-14 and 15 & over.  
Relay: 1<sup>st</sup>- 16<sup>th</sup> ribbons for 12 & Under session  
High Point: One award for girls & boys in each age group (8 & under, 9-10, 11-12, 13-14, & 15 & over)  
The age groups of combined events will be scored separately. Awards must be picked up at the end of the Sunday PM session. Awards will not be mailed after the meet.

**Check-in/Scratch:** Over-swimmer starts will be used. All events swum during the Saturday and Sunday AM sessions will be pre-seeded. All events swum during the Friday, Saturday, and Sunday PM sessions will be deck seeded. Coaches are responsible to educate team members on deck seeding protocol.

## ***Deck-Seeded Events:***

- **Coaches are responsible for providing a positive check-in** 45 minutes prior to the start of the meet on Friday, Saturday, and Sunday PM.
- After the heats have been seeded, any swimmer who fails to compete in an individual event in which such swimmer had previously provided a positive check-in, will be barred from his or her next individual event, either that day or the next day. S/he will be permitted to participate in relay events of that day.
- There is no penalty for missing a pre-seeded event or relay.
- Heat sheets will be published following the positive check-in deadline.
- ***Exceptions for failure to compete*** - No penalty shall apply for failure to withdraw or compete in an individual event if the swimmer declares a false start with the referee prior to the start of the heat in which they do not compete.

**Bull Pen:** A bull pen will be provided for 8 and under swimmers All other swimmers shall report directly to their assigned lanes.

**Timing:** Daktronics timing system, horn start, and finish touch pads. Colorado or Daktronics timing system with buttons or watches for 50 meter races. Results via electronic scoreboard. Names will appear as received in meet entries.



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- Meet Referee:** Sheila Lovell Otterstrom [swimflygo@gmail.com](mailto:swimflygo@gmail.com)
- Admin Official:** Aimee Dhakhwa [abcdhakhwa@comcast.net](mailto:abcdhakhwa@comcast.net)
- Meet Director:** Rhonda Soule' [meetdirector@corvallisquaticteam.org](mailto:meetdirector@corvallisquaticteam.org)
- Meetings:** Officials' meetings will be held each session 60 minutes prior to the start of competition. Coaches' meetings will be held 15 minutes prior to the start of the Saturday morning and afternoon sessions; others to be announced as needed.
- Rules:** Current USA Swimming, Inc. and Oregon Swimming, Inc. rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") will govern this meet..
- MAAPP:** **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.**
- Officials:** We always appreciate the help of certified officials and trainees from other clubs. Uniform will be white over black with black shoes. If you will be attending, please send your name and the sessions you will work to the Meet Referee at [swimflygo@gmail.com](mailto:swimflygo@gmail.com). Hospitality will be provided for coaches & officials.
- Timers:** Each team will be assigned lane-timing duty. Sign-up sheets will be at clerk of course.
- Facility:** Competition Pool – 50 Meters, 8 lanes x 7-ft wide with 6-inch lines, Kiefer Freestyle starting blocks with grab rails and foot chocks. Depth: 3.5 to 13 ft. The facility will ensure that the course dimensions are as stated in the meet information). 25 meter 6 lane outdoor pool available for warmup-cooldown during meet.
- Seating:** Air-conditioned, sound insulated, balcony seating for 270 and marked spectator seating on deck. Spectators are not allowed in the competition area - please observe all posted signage.
- Pool Hours:** The facility will be open each day from 30 minutes before the start of warmups through the conclusion of the meet.
- Medical:** Medical facilities available include lifeguards, AED, and 911.



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## **Safety:**

- Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect.
- 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 competition area is restricted to swimmers, officials, coaches, authorized host team volunteers, timers, and facility staff.

## **Restrictions:**

- No tobacco products, alcohol, or glass containers are allowed in the pool facility.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms, or behind the starting blocks.
- Deck changing is prohibited.
- Operations 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.
- At the discretion of the referee and meet management, restrictions may be placed on the deck and/or spectators to comply with facility, state, county and/or local health or capacity regulations.

## **Concessions:**

Concessions by the Corvallis Aquatic Team will be available throughout the meet

## **Camping:**

No OVERNIGHT CAMPING or RV's in the parking lots adjacent to the pool. Camping is available at Benton County Fairgrounds (541) 757-1521 and KOA Campground off Hwy. 34 (541) 967-8521. RV day-only parking available at Garfield Park, located 2 blocks southwest of Osborn.



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## Warm Ups:

Day	Group	Warmup Time	Competition Begins	Check In By
Friday	All groups	3:00 PM - 3:45 PM	4:00 PM	3:15 PM
Saturday	12 & Under	7:30 AM - 8:15 AM	8:30 AM	N/A
Saturday	13 & Over	12:30 PM - 1:30 PM*	1:45 PM*	1:00 PM*
Sunday	12 & Under	7:30 AM - 8:15 AM	8:30 AM	N/A
Sunday	13 & Over	12:30 PM - 1:30 PM*	1:45 PM*	1:00 PM*

\*Note: The afternoon warm up and finals start times are estimates – actual times will be announced on the CAT website and via email on Friday, December 29, 2023. Check-in will be 30 minutes and competition will begin 75 minutes after warm up begins.

## Order of Events

**FRIDAY January 5, 2024**

Warm Up: 3:00 PM Finals: 4:00 PM

Girls	LCM Qualifying Time Standard	Event	LCM Qualifying Time Standard	Event
1	6:51.49	12 & U 400 Meter Free	7:04.39	2
3	2:47.29	13 - 14 200 Meter Free	2:45.29	4
3	2:35.19	15 - O 200 Meter Free	2:23.89	4
5	23:51.89	13 - 14 1500 Meter Free*	24:07.29	6
5	22:22.79	15 - O 1500 Meter Free *	20:47.99	6

\*Note: The 1500 will be swum fastest to slowest, alternating girls and boys. Entries may be limited at the discretion of the meet director and meet referee. Mixed gender heats may be utilized. Swimmers in the 1500 must provide their own timers and counters.



# 2024 Comfort Suites Corvallis – CAT Long Course Winter Open

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## Order of Events SATURDAY AM - 12 & UNDER SESSION January 6, 2024

Warm Up: 7:30 AM Finals: 8:30 AM

Girls	Event	Boys
7	11-12 200 Back	8
9	10-U 100 Back	10
9	11-12 100 Back	10
11	12-U 200 Medley Relay	12
13	10-U 100 Fly	14
13	11-12 100 Fly	14
15	8-U 50 Free	16
15	9-10 50 Free	16
15	11-12 50 Free	16
17	8-U 50 Breast	18
17	9-10 50 Breast	18
17	11-12 50 Breast	18
19	10-U 200 IM	20
19	11-12 200 IM	20

The 12 & Under morning sessions will be limited to 4 hours.



# 2024 Comfort Suites Corvallis – CAT Long Course Winter Open

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## Order of Events SATURDAY PM - 13 AND OVER SESSION January 6, 2024

Warm Up: 12:30 pm Finals: 1:45 PM\*

Girls	LCM Qualifying Time Standard	Event	LCM Qualifying Time Standard	Boys
37	3:09.99	13-14 200 IM	3:06.59	38
37	2:55.49	15-O 200 IM	2:41.09	38
39	35.29	13-14 50 Free	33.49	40
39	33.49	15-O 50 Free	29.49	40
41	1:27.49	13-14 100 Back	1:27.79	42
41	1:21.19	15-O 100 Back	1:14.69	42
43	N/A	13-O 400 Free Relay	N/A	44
45	3:36.29	13-14 200 Breast	3:36.69	46
45	3:18.29	15-O 200 Breast	3:07.89	46
47	1:27.19	13-14 100 Fly	1:26.49	48
47	1:18.99	15-O 100 Fly	1:11.89	48
49	5:50.69	13-14 400 Free	5:52.29	50
49	5:29.99	15-O 400 Free	5:08.79	50

\*Estimate – actual times will be announced on the CAT website and via email on Friday, December 29, 2023. Entries may be limited at the discretion of the meet director and meet referee.



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**Order of Events**  
**SUNDAY AM - 12 & UNDER SESSION**  
**January 7, 2024**  
Warm Up: 7:30 AM Finals: 8:30 AM

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
21	11-12 200 Fly	22
23	10-U 200 Free	24
23	11-12 200 Free	24
25	10-U 100 Breast	26
25	11-12 100 Breast	26
27	12-U 200 Free Relay	28
29	8-U 50 Fly	30
29	9-10 50 Fly	30
29	11-12 50 Fly	30
31	8-U 50 Back	32
31	9-10 50 Back	32
31	11-12 50 Back	32
33	8-U 100 Free	34
33	9-10 100 Free	34
33	11-12 100 Free	34
35	11-12 200 Breast	36

The 12 & Under morning sessions will be limited to 4 hours.





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**Order of Events**  
**SUNDAY PM - 13 AND OVER SESSION**  
**January 7, 2024**  
Warm Up: 12:30 Finals: 1:45 PM\*

<b>Girls</b>	<b>LCM Qualifying Time Standard</b>	<b>Event</b>	<b>LCM Qualifying Time Standard</b>	<b>Boys</b>
51	6:55.09	13-14 400 IM	6:55.79	52
51	6:21.29	15-O 400 IM	5:47.39	52
53	1:42.19	13-14 100 Breast	1:42.39	54
53	1:32.49	15-O 100 Breast	1:24.49	54
55	N/A	13-O 400 Medley Relay	N/A	56
57	3:10.39	13-14 200 Back	3:10.29	58
57	2:55.59	15-O 200 Back	2:42.59	58
59	3:35.49	13-14 200 Fly	3:33.39	60
59	3:10.89	15-O 200 Fly	2:47.69	60
61	1:16.59	13-14 100 Free	1:13.59	62
61	1:12.09	15-O 100 Free	1:05.59	62

\*Estimate – actual times will be announced on the CAT website and via email on Friday, December 29, 2023. Entries may be limited at the discretion of the meet director and meet referee.

