



CRST Big Wave Decathlon May 25-26

**Held under the sanction of USA Swimming Sanctioned
by Oregon Swimming**

In granting this sanction it is understood and agreed that USA Swimming, Oregon Swimming Inc, and Mt Hood Aquatics shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Mt Hood Community College 3545 NE 17th St, Gresham, OR 97030
Facility Phone: (503) 491-7009 Aquatic Center**

Facility The outdoor competition pool is 50 meters by 25 yards, 8 lanes, 2.5 meters per lane; the start end of the competition course is 16.0 feet deep; the turn end of the pool is 6.0 feet deep. Electronic timing and matrix scoreboard systems will be used. Facilities are accessible for swimmers with disabilities and they are encouraged to participate. The facility will ensure that the stated measurements are accurate.

Rules Current USA Swimming and Oregon Swimming rules will govern this meet. All walkways around the pool and lifeguard stations must be kept clear. Any act of theft, vandalism or similar action will result in immediate ejection from the meet and premises. No tech suit may be worn by any 12 and under USA swimming athlete member in competition at any sanctioned, approved or observed meet. Tobacco, non tobacco, vape products of any kind, alcoholic beverages, and glass containers are not allowed in the swimming venue. No shaving permitted. Use of audio or visual recording devices, including cell phones, are not permitted in changing areas, restrooms or lockers rooms. Cell phones or other recording devices are not allowed behind the blocks at any time during the meet. Operations of drones or any other flying apparatus is prohibited over the venue. No deck changing.

Eligibility Swimmers must be currently registered with USA Swimming. No on-deck registration will be permitted. Swimmers must be within the listed age brackets the first day of the meet. 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.

Format

Decathlon 10 events total for 13 & Over athletes, 5 events per day.

Sextathlon 6 events total for 12 & Under athletes, 3 events per day.

Athletes must meet the time standard below.

800 free time (11:58.69) 400 free (6:35.59) 400 IM (6:46.89) all 200 events (4:00)
NT's will not be accepted.

All events will be swum mixed, slowest to fastest. Meet format will be LCM, timed finals. All events will be pre-seeded. Events 5 and 13 will conclude within 4 hours to adhere to the 12 and under 4 hour rule.

Entries open May 1st, 2024 at 12:01 PM and must be received by

May 17th, 2024 at 5:00 PM; this meet may fill prior to the entry deadline.

Late entries may be accepted on a case-by-case basis, contact the meet referee.

Entries

Submit entries via email Judus.floratos@gmail.com in a Hy-Tek formatted file. Please mail entry fees and a printout of Hy-Tek entries to CRST 410 N. Y street Washougal WA 98671

Please submit LCM times, NT will not be accepted.

13 and over athletes may enter up to 5 events per day.

12 and under athletes may enter up to 3 events per day.

With submission of entries the coach/team representative attests that all swimmers

entered are registered with USA Swimming.

Entries will open 12:01 AM on May 1st, 2024.

Entries must be received no later than 5:00 PM on May 17th, 2024.

Please Email entries to Judus.floratos@gmail.com

Any changes must be made before the entry deadline, May 17th, 2024.

Meet Referee

Evangeline Swift

6swifts@comcast.net

Admin Official

Judus Floratos

Judus.Floratos@gmail.com

Meet Director

Doug Lumbard

dougl@lincsales.com

Swimmers with disabilities are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted.

Fees

\$3 OSI per swimmer fee

\$30 facility fee per swimmer

\$6.50 event fee per event

Payment sent to:

Columbia River Swim Team 410 N. Y street Washougal WA 98671

Spectators Parents and spectators will be allowed in the bleachers and outside courtyard area. Only athletes, officials, coaches and meet staff will be allowed on the pool deck. Restrooms for Coaches, spectators and officials are available inside the venue on the east side of the building and outside on the north side of the outdoor venue. Locker rooms are for athletes only.

Timers Volunteer timers are necessary to the function of the meet. Teams will be responsible for providing timers.

Saturday 8 AM Meet starts 9:15
Sunday 8 AM Meet starts 9:15

Warm-ups USA Swimming and Oregon Swimming safety procedures will be enforced throughout the meet. Swimmers violating safety procedures may be removed from warm ups and additional violations may cause the swimmer to be removed from the meet.

MAAPP Oregon Swimming Safety Rules and Current USA Swimming Rules, including Minor Athlete Abuse Prevention Policy (MAAPP) will govern this meet. 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.

Medical Medical facilities available include lifeguards, AED, and community 911 EMS.

Officials We always appreciate the help of certified officials. The officials' uniform will be white polo, black shorts/pants/skirts with black socks/shoes. Please use the link below to let us know you will be joining us on deck.
https://docs.google.com/forms/d/e/1FAIpQLSeEmtVMA8HZOos4IfN2RmAXzu0X3T_T0-CAijmrPEybOs_R4g/viewform?usp=sf_link

Meetings Officials' meetings 1 hour prior to session start. Coaches meeting will be held 15 minutes before the meet starts. Coaches will be notified of the location.

Hospitality Hospitality will be available for coaches and officials.

Awards Ribbons for Sextathlon awarded to top 8 swimmers 8U, 9-10,11-12. Full Decathlon participants will receive a bag tag.

Saturday May 25th 2024

Warm-ups 8AM

Meet start 9:15

- 1 Mixed Open 50 freestyle
- 2 Mixed Open 100 breaststroke
- 3 Mixed Open 50 backstroke
- 4 Mixed Open 100 butterfly
- 5 Mixed Open 200 freestyle*
- 6 Mixed 13 & Over 200 backstroke*
- 7 Mixed 13 & Over 400 Individual Medley**
- 8 Mixed 13 & Over 800 Freestyle***

Sunday May 26th, 2024

Warm-ups 8AM

Meet starts 9:15

- 9 Mixed Open 50 breaststroke
- 10 Mixed Open 100 backstroke
- 11 Mixed Open 50 butterfly
- 12 Mixed Open 100 freestyle
- 13 Mixed Open 200 Individual medley*
- 14 Mixed 13& Over 200 butterfly*
- 15 Mixed 13 & Over 200 breaststroke*
- 16 Mixed 13 & Over 400 freestyle****

* 200's time standard 4:00.00

** 400 IM time standard 6:46.89

***800 freestyle time standard 11:58.69

****400 freestyle time standard 6:35.59

