



2024 OR HEAT B/C Blastoff

February 3-4, 2024

Hosted by Hillsboro Swim Team

SCY – B/C time standards

All Age Groups – Prelim/Final for 9 & Over

SANCTION # 24-025

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 REFEREES

Ronette Bakke
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ADMIN OFFICIAL

Anne Stansell
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MEET DIRECTOR

Elaine Heasley
meetdirector@hillsboroheat.org

Chad Vassallo
chad.vassallo@frontier.com

| Schedule | Sessions | Warm-ups | Session Start |
|----------------------|------------|----------|---------------|
| Saturday, February 3 | 1) Prelims | 7:30 am | 8:30 am |
| | 2) Finals* | TBD | TBD |
| Sunday, February 4 | 3) Prelims | 7:30 am | 8:30 am |
| | 4) Finals* | TBD | TBD |

**Warm-ups/start times for sessions 2 and 4 will be confirmed the week prior to the meet. Warm-ups will be no earlier than 3:00 pm in the competition pool. The outdoor pool will also be open for warm-ups/warm-down throughout the meet.*

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 St. Street parking is available surrounding the recreational complex on Maple St, 9th Ave and Cedar St. There are two additional parking lots: across the street from the facility off 9th Ave, and at the south end of Shute Park off SE 10th 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

- Arena vendor: suits and gear available to purchase in the SHARC lobby.
- Concessions: located in classroom behind starting blocks. CASH and ZELLE payments only.
- Hospitality Room: for Coaches/Officials, located in classroom off pool deck.
- Bull Pen: for 8 & Under athletes in 8 & Under events: #3/4, 13/14, 25/26, 33/34.
- Results: on Meet Mobile and posted for viewing in lobby.
- Locker rooms for athletes. Lobby restrooms and family changing rooms for non-athletes.
- Water bottle filling stations outside locker rooms.



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. Also available is a 25-yard outdoor pool for warm-up and warm-down.

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

Locker rooms are available for athletes. Lobby restrooms and family changing rooms are available for non-athletes. A deck restroom is also reserved for coaches and officials.

LOST AND FOUND

Located on the table in the hallway between the Concessions and Hospitality 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.

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 credentials 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. Cameras or other recording devices are 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 live streamed and/or covered by the media, including photographs, video, social media and other forms of obtaining images 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 during timed finals and prelims. Officials, please notify the Meet Director and Meet Referees with which sessions you're available.

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

MEETINGS

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

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

HEAT SHEETS

Heat sheets will be available in the following formats:

- Printed copies in the Hospitality room for Coaches/Officials.
- Posted in the venue for viewing (SHARC lobby and on deck).
- Meet Mobile for free.
- Printed copies at the Clerk of Course for free (upon request only).

TIMERS

Sign-up sheets for lane timing will be available on the wall behind the starting blocks. We invite anyone from any team, 14 and over, to serve as a lane timer. Swimmers must provide their own timers for the 400 IM and 500 FR.

AWARDS

1st – 6th place ribbons, per age group for timed finals/finals: 8&U, 9-10, 11-12, 13-14, 15&O.

FORMAT

This is a pre-seeded, prelim/final, B/C meet. The top 6 fastest swimmers in each qualifying prelim event and age group will advance to the 'A' Final. Age groups for finals are: 9-10, 11-12, 13-14, 15 & Over.

Two alternates are named for each event final. Alternates who want the possibility to swim in finals should be ready and wait near the Meet Referee for further instructions.

8 & Under events, 400 IM, 500 FR are timed finals. 8 & Unders ONLY swim during prelims.

400 IM and 500 FR will be swum fastest to slowest, alternating girls and boys. Swimmers must provide their own timers/counters.

Per Meet Referee's discretion, events and age groups may be combined and breaks may be added.

SCRATCHES

Swimmers have 30 minutes to declare their intent to scratch from finals, with the Clerk of Course, after the prelim results are announced. Declaring intent to scratch gives swimmers until 30 minutes after their last event's results are announced to turn in a final decision. *If swimmers are NOT returning for finals, they must report their scratched events to the Clerk of Course. Swimmers who intend to swim in finals do not need to report to the Clerk of Course.* After the scratch window has closed for an event, the finalists are posted.

MEET LIMIT

Approximately 230 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 combined or 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 prelim events in Sessions 1 and 3 are for swimmers with B/C times only. A 14 and under swimmer is not eligible for a prelim event if the swimmer has a qualifying 'A' time for their age as published by OSI. A 15 and over swimmer that has met the OSI 14-year-old 'A' time is NOT eligible for that prelim event. Entries which do not comply may be scratched without notification and entry fees will not be refunded. Swimmers who achieve a new A time in prelims and qualify for finals may swim in finals.

The age-up date is the first day of the meet. If a swimmer ages up between February 3-29, coaches may request that they swim up and be entered in an event for the next age group. Requests must be submitted via email when entries are submitted. Changes will not be made once the heat sheet is published.

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. 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 LIMIT

Swimmers may enter a maximum of six (6) events total and may not exceed four (4) events per day.

ENTRY FEES (no refunds for entries not swum)

| Fees | Individual Events | Athlete Surcharges |
|---|-------------------|--------------------|
| OSI Splash fees paid to Oregon Swimming. | \$0.50 | \$3.00 |
| HEAT Event fees for meet expenses. | \$5.00 | N/A |
| Facility Paid to the SHARC for rental expenses. | N/A | \$10.00 |
| TOTAL | \$5.50 | \$13.00 |

ENTRY DEADLINE

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

Entry deadline is **Thursday, January 25, at midnight**.

On-deck additions or changes are not allowed unless approved by the Meet Referee.

PAYMENT DEADLINE

Friday, February 2. Please submit a Meet Entry Fee Report and payment by this date.

SUBMIT ENTRIES & PAYMENT TO

Hillsboro Swim Team
c/o Meet Director
PO Box 893
Hillsboro, OR 97123

Please make checks payable to Hillsboro Swim Team or HST.

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





Order of Events

Saturday, February 3, 2024

| Session 1 (Prelims/Timed Finals) | | |
|--|---------------------|------|
| Girls | EVENTS | Boys |
| 1 | Open 200 FR** | 2 |
| 3 | 8 & Under 25 BK | 4 |
| 5 | 12 & Under 100 IM* | 6 |
| 7 | Open 100 FL** | 8 |
| 9 | Open 50 FR** | 10 |
| 11 | 11 & Over 200 BK*** | 12 |
| 13 | 8 & Under 25 BR | 14 |
| 15 | 12 & Under 50 FL* | 16 |
| 17 | Open 100 BR** | 18 |
| 19 | 11-12 400 IM | 20 |
| 21 | 13 & Over 400 IM | 22 |
| Session 2 (Finals) | | |
| Girls | EVENTS | Boys |
| 1 | Open 200 FR** | 2 |
| 5 | 12 & Under 100 IM* | 6 |
| 7 | Open 100 FL** | 8 |
| 9 | Open 50 FR** | 10 |
| 11 | 11 & Over 200 BK*** | 12 |
| 15 | 12 & Under 50 FL* | 16 |
| 17 | Open 100 BR** | 18 |

Sunday, February 4, 2024

| Session 3 (Prelims/Timed Finals) | | |
|--|---------------------|------|
| Girls | EVENTS | Boys |
| 23 | Open 200 IM** | 24 |
| 25 | 8 & Under 25 FL | 26 |
| 27 | Open 100 FR** | 28 |
| 29 | 12 & Under 50 BK* | 30 |
| 31 | 11 & Over 200 BR*** | 32 |
| 33 | 8 & Under 25 FR | 34 |
| 35 | Open 100 BK** | 36 |
| 37 | 12 & Under 50 BR* | 38 |
| 39 | 11 & Over 200 FL*** | 40 |
| 41 | 9-12 500 FR | 42 |
| 43 | 13 & Over 500 FR | 44 |
| Session 4 (Finals) | | |
| Girls | EVENTS | Boys |
| 23 | Open 200 IM** | 24 |
| 27 | Open 100 FR** | 28 |
| 29 | 12 & Under 50 BK* | 30 |
| 31 | 11 & Over 200 BR*** | 32 |
| 35 | Open 100 BK** | 36 |
| 37 | 12 & Under 50 BR* | 38 |
| 39 | 11 & Over 200 FL*** | 40 |

*Although swum together in prelims, these events will be separated out in finals with an 'A' final for the 9-10 and 11-12 age groups. The 8 & Unders will only swim during prelims.

**Although swum together in prelims, these events will be separated out in finals with an 'A' final for the 9-10, 11-12, 13-14 and 15 & Over age groups. The 8 & Unders will only swim during prelims.

***Although swum together in prelims, these events will be separated out in finals with an 'A' final for the 11-12, 13-14 and 15 & Over age groups.

8 & Unders – ONLY swim during prelims for all events.

400 IM and 500 FR – Fastest to slowest, alternating girls and boys. Swimmers must provide timers/counters.

Per Meet Referee's discretion, events and age groups may be combined and breaks may be added.