



**Oregon City Spring Forward  
Short Course Meters A/B/C  
March 9<sup>th</sup> -10<sup>th</sup>, 2024**

***HELD UNDER THE SANCTION OF USA Swimming INC.***

**SANCTION #:** 23-035

In applying for this sanctioned event, the Host, Legacy Aquatics – Oregon City, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Oregon Swimming, the State of Oregon and Clackamas County. It is also 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.

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 (CDC), senior citizens, and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., OCST, and Oregon City Pool 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 against 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, OCST, LEGACY AQUATICS, AND OC PARKS & REC, 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.

**MEET REFEREE:** **Debbie Laderoute** [debbie.laderoute@gmail.com](mailto:debbie.laderoute@gmail.com)  
**ADMIN OFFICIAL:** **Dana Nation** [dananation@gmail.com](mailto:dananation@gmail.com)  
**MEET DIRECTOR:** **Matthew Crum** [ocst.coach@gmail.com](mailto:ocst.coach@gmail.com) (503) 952-6260

**SPONSOR:** Oregon City Swim Team  
P.O. Box 724  
Oregon City, OR 97045  
Website: [www.ocst.net](http://www.ocst.net)

**LOCATION:** Oregon City Municipal Pool  
1211 Jackson Street  
Oregon City, OR 97045  
Pool Phone: 503-657-8273

**ELIGIBILITY:** Swimmers must be currently registered with U.S.A. Swimming or registered in a foreign swimming federation, NO ON DECK REGISTRATION SHALL BE PERMITTED. Swimmers must be within the listed age brackets as of March 9<sup>th</sup>, 2024. All swimmers must be supervised by a USA-Swimming certified coach at the meet. If they don't have one, they must report to the meet referee prior to the start of warm-ups to be assigned to one.

**MEET LIMIT:** First swimmers whereby time-line maintains *4 hour limit for 11 & Over session and 2 hour time limit for 10 & Under session.*

**ENTRY OPEN:** Entries will be accepted starting 12:00pm February 12<sup>th</sup>, 2024

**ENTRY DEADLINE:** Entries must be received by 5:00 P.M. Friday March 1<sup>st</sup>, 2024.

**ENTRY LIMIT:** Swimmers may enter a maximum of THREE (3) events per day and up to TWO (2) relays per day.

**ENTRY FEES:** \$15.00 Surcharge (\$3.00 Oregon Swimming, \$12.00 facility fee)  
\$3.00 Individual Event Fee  
\$10.00 Relay Event Fee  
Entry fees must accompany entries and be received prior to the start of the meet.  
Make checks payable to: Oregon City Swim Team

**ENTRY ADDRESS:** Ocst.coach@gmail.com Email entries preferred.

**ENTRIES:**

- 1) Submit SHORT COURSE METERS TIMES FOR SEEDING.
- 2) Ages and USA-S registration numbers must be included.
- 3) HY-TEK Meet Management Software will be used. Please submit entries via email. E-mail to: ocst.coach@gmail.com Please zip files, including a word team meet entry report and meet entry fee report. On your team entry report, please include the following: "I have read the meet information, and attest that all competitors entered hereon are members of United States Swimming, Inc.". If you do not use HY-TEK, please contact the Meet Director.
- 4) Send payment to OCST C/O Matt Crum 16891 S. Pam Dr. Oregon City, OR 97045.

With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.

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.

**FACILITY:** Indoor, 25 meters, with 6 lanes 2.5m per lane. Starting blocks at the deep end of the pool only (12 ft.) Shallow end is 3'6". Daktronics Timing system, parking available, seating for 160 spectators and a community room away from the pool for another 75 people. Men's and Women's locker rooms. Open pool deck areas available for some parents and swimmers. Facility accessible for adaptive swimmers. OCST ensures that the competition course meets the above dimensions.

**RESTRICTIONS:** Tobacco products, alcoholic beverages and glass containers are not allowed in the facility. Shaving is not permitted in the facility. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Cameras or other recording devices including cell phones are not permitted behind the blocks. Operation 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. Changing into or out of swimsuits anywhere other than in locker rooms or other designated areas is prohibited.

Spectators will be allowed to use the hallway bathrooms while the changing rooms will be designated for swimmers only.

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.

**MAAPP POLICY:** US USA Swimming Minor Athlete Abuse Prevention Policy - 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:** Lifeguards are trained in first aid and CPR and are posted on deck during the meet. The facility is equipped with two AEDs. The 911 system will be utilized in the event of an emergency.

**RULES:** Current US Swimming, Inc. and Oregon Swimming, Inc. rules will govern this meet.

**SAFETY CODE:** Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect.

<b>TIMES:</b>	<b>Date</b>	<b>Warm-Ups</b>	<b>Timed Finals</b>	
Session 1	10 & Under	Saturday, March 9 <sup>th</sup>	12:30 pm*	1:15 pm*
Session 2	11 & Over	Saturday, March 9 <sup>th</sup>	2:45 pm*	4:00 pm*
Session 3	10 & Under	Sunday, March 10 <sup>th</sup>	1:15 pm*	2:00 pm*
Session 4	11 & Over	Sunday, March 10 <sup>th</sup>	3:30pm*	4:45 pm*

*\*Warm-up times subject to up to sixty-minute changes depending on the number of athletes participating.*

**BULLPEN:** There will be a bullpen for 8 & Under and their events and there may be a Bull-pen for all swimmers.

**AWARDS:** Individual: 1st – 8th place ribbons by 8 & under, 9 – 10, 11 – 12, 13 – 14, and 15 & Over for boys and girls. 11 & Over events will be broken into age groups 12 & Under, 13 – 14, and 15 & Over depending on other events available.

Relays: 1st – 6th place ribbons.

All awards must be picked up at the conclusion of the competition. They will not be mailed.

**MEETINGS:** Officials' meeting will be held 45 minutes prior to the start of each session. Coaches' meeting may be held 15 minutes prior to the start of each session if necessary.

**OFFICIALS:** We always appreciate the help of Certified Officials from other clubs. If you will be attending this meet, please notify Debbie Laderoute at [debbie.laderoute@gmail.com](mailto:debbie.laderoute@gmail.com), so that your name can be added to the schedule. Dress is white Polo over black pants/shorts/skirt with black shoes and socks.

**TIMERS:** If needed timing assignments will be listed by session in an email to coaches and will be based on the number of swimmers attending each session.

## **Oregon City Spring Ahead Short Course Meters A/B/C March 9-10, 2024**

### **Session 1 Saturday- March 9, 2024 Session Warm-Ups 12:30 PM Timed Finals 1:15 PM**

Female Event #	Event Name	Male Event #
1	8 & Under 100 Freestyle relay	2
3	10 & Under 200 Freestyle Relay	4
Mixed Event #		
5	8 & Under 25 Freestyle	
6	10 & Under 50 Freestyle	
7	10 & Under 100 Backstroke	
8	10 & Under 100 Individual Medley	
9	8 & Under 25 Breaststroke	
10	10 & Under 50 Breaststroke	
11	10 & Under 100 Butterfly	
12	10 & Under 200 Freestyle	

**Session 2 Saturday- March 9, 2024 Session**  
**Warm-Ups 2:45 PM Timed Finals 4:00 PM**

Female Event #	Event Name	Male Event #
13	11 - 12 200 Freestyle relay	14
15	13 & Over 200 Freestyle relay	16
Mixed Event #		
17	11 & Over 100 Freestyle	
18	11 & Over 200 Butterfly*	
19	11 & Over 50 Backstroke	
20	11 & Over 100 Individual Medley	
21	11 & Over 200 Freestyle	
22	11 & Over 50 Butterfly	
23	11 & Over 100 Breaststroke	
24	11 & Over 400 Individual Medley*	
Female Event #		
25	11 & Over 400 Freestyle relay	26

**Session 3 Sunday- March 10, 2024**  
**Warm-Ups 1:15 PM Timed Finals 2:00 PM**

Female Event #	Event Name	Male Event #
27	8 & Under 100 Medley relay	28
29	10 & Under 200 Medley relay	30
Mixed Event #		
31	8 & Under 25 Backstroke	
32	10 & Under 50 Backstroke	
33	10 & Under 100 Breaststroke	
34	8 & Under 25 Butterfly	
35	10 & Under 50 Butterfly	
36	10 & Under 100 Freestyle	
37	10 & Under 200 IM*	

**Session 4 Sunday- March 10, 2024**  
**Warm-Ups 3:30 PM Timed Finals 4:45 PM**

Female Event #	Event Name	Male Event #
38	11 - 12 200 Medley relay	39
40	13 & Over 200 Medley relay	41
Mixed Event #		
42	11 & Over 200 Individual Medley	
43	11 & Over 100 Backstroke	
44	11 & Over 200 Breaststroke*	
45	11 & Over 50 Freestyle	
46	11 & Over 100 Butterfly	
47	11 & Over 50 Breaststroke	
48	11 & Over 200 Backstroke*	
49	11 & Over 400 Freestyle*	

\* Events swimmers may have the number of athletes in the event limited due to timeline. Coaches will be informed if the timeline is over the limit.

