



CRST Summer Blast Series

May 11th, 2024 (24-048)

June 1, 2024 (24-049)

July 27th 2024 (24-050)

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 Aquatic Center 3545 NE 17th street Gresham, OR 97030
Aquatic facility phone (503)491-7009

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 ensures that the course dimensions 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 or deck changing is permitted. Use of audio or visual recording devices, including cell phones, are not permitted in changing areas, restrooms or lockers rooms. Photography is not allowed behind the blocks at any time during the meet. Operations of drones or any other flying apparatus is prohibited over the venue.

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.

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.

Format Up to 3 individual events not to exceed 250 splashes per team. Please submit in LCM.

The Meet Director reserves the right to change warm up times as approved by the Meet

Referee. Coaches will be informed of any changes to warm-up and competition times.

The timeline is an estimate. The session will be limited to a projected timeline of four hours. All events will be mixed.

400 freestyle and 400 IM will alternate. 800 freestyle/1500 freestyle will alternate.

Entries Submit entries via email **Teresa Steinbock** teresasteinbock@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 9867. With submission of entries the coach/team representative attests that all swimmers entered are registered with USA Swimming.

SB #1 entries will open on April 27th , 2024. ENTRIES MUST BE RECEIVED NO LATER THAN 11:59 PM on May 4th, 2024.

SB #2 entries will open on May 21st ENTRIES MUST BE RECEIVED NO LATER THAN 11:59 PM on May 28th, 2024.

SB#3 entries will open on July 17th. ENTRIES MUST BE RECEIVED NO LATER THAN 11:59 PM on July 23rd, 2024.

We anticipate these meets to fill prior to the entry deadline. Please Email entries to Teresasteinbock@gmail.com

Any changes must be made before the entry deadlines. Due to the nature of the meet, please do not submit NT..

Meet Referee	Evangeline Swift	6swifts@comcast.net	5/11/24
	Bill Hayhurst	billh@boingdesigns.com	6/01/24
	Evangeline Swift	6swifts@comcast.net	7/27/24

Admin Official	Teresa Steinbock	teresasteinbock@gmail.com
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Meet Director Doug Lombard dougl@lincsales.com

Fees \$ 3 OSI per swimmer fee
\$19 facility fee per swimmer
\$ 3.50 per event fee
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. *Swimmers in the 800 & 1500 must provide timers and lap counters.*

Saturday Meet begins at 5 pm

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.

Warm-ups begin 4pm

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. Please contact Evangeline 6swifts@comcast.net to share your availability. The officials' uniform will be white polo, black shorts/pants/skirts with black socks/shoes.

Meetings Officials' meetings 45 hour prior to session start.Coaches meeting will be held 15 minutes before meet start. Coaches will be notified of the location.

Hospitality Limited hospitality will be available for coaches and officials.

All events Mixed

- 1 Mixed Open 50 freestyle
- 2 Mixed Open 200 freestyle
- 3 Mixed Open 100 backstroke
- 4 Mixed Open 50 breaststroke
- 5 Mixed Open 100 butterfly
- 6 Mixed Open 200 IM
- 7 Mixed Open 100 breaststroke
- 8 Mixed Open 50 backstroke
- 9 Mixed Open 400 freestyle*/400 IM*
- 10 Mixed Open 50 butterfly
- 11 Mixed Open 100 freestyle
- 12 Mixed Open 200 backstroke
- 13 Mixed Open 200 butterfly
- 14 Mixed Open 200 breaststroke
- 15 Mixed Open 1500****/800 freestyle*** (if timeline permits)

*400 freestyle time standard 6:44.0/400 IM time standard 6:51.59

***800 freestyle time standard 11.38.34

****1500 time standard 23:01.49