

LINCOLN CITY SWIM CLUB APRIL INVITATIONAL
SHORT COURSE METERS April 19-21, 2024 SR/AG ABC
Held under the sanction of USA Swimming
Sanction # in process



LOCATION: Lincoln City Community Center / 2150 NE Oar Place / Lincoln City, Oregon 97367

SANCTION #: 24-047

In applying for this sanctioned event, the Lincoln City Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Oregon Swimming, the State of Oregon and Lincoln 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., LCSC, and the Lincoln City Community Center and Pool 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.

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.

ENTRY DEADLINE: Entries open March 26, 2024 and close Wednesday April 10, 2024. No late entries please. Entry errors will be corrected after the deadline if they are the fault of the Lincoln City Swim Club. It is the responsibility of the person submitting the entries to make sure the information is complete & correct.

ENTRY LIMIT: Swimmers may enter a maximum of **2 events on Friday evening** and **3 individual events and one relay on Saturday and on Sunday**. Meet entries are limited to the first 275 swimmers registered.

ENTRY FEES: Make checks payable to the Lincoln City Swim Club and mail with master entry paperwork.

1. OSI Surcharge of \$3.00 per swimmer;
2. Entry fee of \$ 4.00 per event;
3. Entry fee of \$12.00 per relay event.
4. Facility surcharge fee of \$10.00 per swimmer.

ENTRY ADDRESS:

- 1) Email **Zipped Hytek** file first to: lippyb@hotmail.com
- 2) Send check, entry & meet fees listed to: **Lissa Parker PO Box 7, Neotsu, OR 97364**. Include a signed statement that "I HAVE READ THE MEET INFORMATION AND ATTEST THAT ALL SWIMMERS ENTERED HEREON ARE REGISTERED WITH USA SWIMMING, INC."

ENTRIES: Submit **SCM** times. No time (NT) will be allowed. Email a Hytek zip TM file with **a Word document with entries listed & meet fees report**. For any add on swimmers send a new, updated zip Hytek file with new Word files attached.

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 Meter pool with six 7 - foot non- turbulent racing lanes, & 30 inch tilted starting blocks. Pool depth ranges from 13.0 feet at primary starting end to 3.5 feet at the shallow end, the facility will ensure the measurements are accurate. An overhead balcony provides seating for 300 spectators. We will have electronic timing.

MAAPP: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (the USA Swimming Minor Athlete Abuse Prevention Policy) will be enforced for this meet. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the MAAPP Policy, and that they understand that compliance with the policy

is a condition of participation in the conduct of this competition. Spectators will be allowed to use the hallway bathrooms while the locker rooms will be designated for swimmers only. Lockable family changing rooms off the deck can also be used for spectators, officials and coaches.

RESTRICTIONS: There will be NO TOBACCO PRODUCTS OF ANY KIND, NO ALCOHOL, & NO GLASS CONTAINERS allowed in the facility. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker room. Deck changing is prohibited. Cell phones or other recording devices are not allowed behind the block. 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.

START OF MEET: Friday warmups are at 5:00 PM, meet starts at 6:00 PM. Warmups are at 9:00 AM both Saturday and Sunday. Meet starts at 10:30 AM Saturday and 10:00 AM on Sunday.

RULES: Current USA Swimming and Oregon Swimming Inc. rules will govern this meet. The conduct of this event shall conform in every aspect to all technical and administrative rules of USA Swimming. All swimmers must be members as provided in Article 302. All meet directors, referees, starters, and stroke and turn judges, serving in an official capacity in a sanctioned event, must be members of USA Swimming, and all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming

SAFETY: Current Oregon Swimming Safety Guidelines & Warm– Up procedures will be in effect & strictly enforced.

1. Jumping into the pool is not allowed
2. Diving is allowed in only designated lanes
3. Marshals assigned to supervise warm up will have the authority to remove swimmers not following safety rules from warm up or the meet.
4. Coaches are responsible for supervision during warm up and during the meet.
5. Swimmers who participate without USA Swimming certified coach present must notify the meet referee in advance; a certified coach will be assigned.
6. Medical supervision will be provided by certified lifeguards. EMT will be called in case of emergency.

WARM UP PROCEDURES: Warm up's on Saturday & Sunday will be divided up by teams; the host team will warm up separately ahead of time to provide more room. Lane assignments will be posted ahead and given to coaches; coaches will supervise their own lane and its safety and determine their start / diving schedule.

NO DIVING OVER SWIMMERS IN WATER, BACKSTROKERS ENTER IN ROTATION

BULLPEN: A bullpen will be provided for 8 & U swimmers. All others report to assigned lanes.

AWARDS: Individual: Ribbons 1st through 12th place / Relays: 1st through 3rd ribbons

SCORING: Individual: 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, and 1, for places 1–12th. Relays: 14, 10, 8, 6, 4, 2, for places 1–6th.

MEETINGS: Coaches meeting will be held 15 minutes prior to start of meet each day. Officials meeting will be held at 8:45 AM on Saturday and 8:15 AM on Sunday.

MEET DIRECTOR: Rochelle Toon, LCSC 541-669-1410 Email: rochelle.toon@gmail.com

REFEREE: Fran Hart 541- 746-2953 Springfield, Email: hartfran@hotmail.com

ADMINISTRATIVE OFFICIAL: Norm Hart 541-746-2953, Springfield hartfran@hotmail.com

ENTRY CHAIR: Lissa Parker (541) 992- 2941 (Cell) or Email: lippyb@hotmail.com

OFFICIALS: We always appreciate & need the help of certified officials from other clubs; if you plan on attending **please notify the meet referee at least two weeks before the meet, email is preferable.**

HOSPITALITY: An official's & coaches' hospitality room will be provided.

TIMERS: Each team will be assigned lanes. A parent representative will be asked to report to the head timer 30 minutes prior to the start of the meet.

CONCESSIONS: Food will be available at the concessions stand.

VENDOR: A t- shirt vendor will be at the meet.

WEBSITE: Information and updates for the meet will be posted on the LCSC team web site. This can be accessed via the Oregon Swimming web site or at this address: <http://www.angelfire.com/on/lcscswim/index.html>

LCSC APRIL INVITATIONAL EVENTS 2024			
FRIDAY APRIL 19, 2024 Warmups at 5:00 PM- MEET STARTS AT 6:00 PM			
MIXED	AGE	DESCRIPTION	
1	OPEN	200 FREE	
2	OPEN	400 FREE	

SATURDAY APRIL 20, 2024 WARMUPS AT 9:00 AM- MEET STARTS AT 10:30 AM			
GIRLS	AGE	DESCRIPTION	BOYS
3	12 & UNDER	200 FREE RELAY	4
5	OPEN	200 FREE RELAY	6
MIXED- AWARDS WILL BE SEPERATED			
7	8 & U	25 FREE	
8	10 & Under	50 FREE	
9	11-12	50 FREE	
10	13 & Over	50 FREE	
11	8 & U	25 BREAST	
12	10 & Under	50 BREAST	
13	11-12	50 BREAST	
14	OPEN	100 BREAST	
15	8 & U	25 BACK	
16	10 & Under	50 BACK	
17	11-12	50 BACK	
18	OPEN	100 BACK	

SUNDAY APRIL 21, 2024 WARMUPS AT 9:00 AM- MEET STARTS AT 10:00 AM			
GIRLS	AGE	DESCRIPTION	BOYS
19	12 & Under	200 MEDLEY RELAY	20
21	OPEN	200 MEDLEY RELAY	22
MIXED-AWARDS WILL BE SEPERATED			
23	12 & Under	100 IM	
24	OPEN	200 IM	
25	8 & Under	25 FLY	
26	10 & Under	50 FLY	
27	11-12	50 FLY	
28	OPEN	100 FLY	
29	8 & Under	50 FREE	
30	10 & Under	100 FREE	
31	11-12	100 FREE	
32	13 & Over	100 FREE	