



2024 Forest Grove & BAAC's B/C Coast Range Qualifier

February 2-4, 2024

HELD UNDER THE SANCTION OF USA SWIMMING

Sanction Number: 24-024

In granting this sanction, it is 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.

Meet Referee: Darrell Geymann: Email: darrell.geymann@yahoo.com

Administrative Official: Judi Creech: Email: jjjccreech@comcast.net

Meet Director: Kim Jennings Email: fgsmeetmgr@gmail.com Cell:760-889-9158

Location: Forest Grove Aquatic Center: 2300 Sunset Drive, Forest Grove, OR 97116

Directions: *From Portland: Head Westbound on HWY 26 to HWY 6. HWY 6 to Banks Exit, Head South on HWY 47, stay on HWY 47 to Sunset Drive. Take a right on Sunset Drive. The pool is on the West side of Sunset Drive.*

Facility: *Indoor, 25 yd. pool with six lanes, non-turbulence lane lines and overflow gutters. All events will have a 5 ½ ft. starting depth and is 11 ft. on the turns. Adaptive access is by ladders at both ends of the pool. Open pool deck areas, specifically marked on the day of the meet are available for swimmers, coaches and officials only. The competition course has not been certified in accordance with 104.2.2C(4). Daktronics timing system, horn start, finish touch-pads and dual button back up. Keifer Intrepid starting blocks. Results via Daktronics display board. The shallow end of the competition pool will be available for warm up and cool down purposes only on Friday PM, Saturday & Sunday AM sessions and Saturday & Sunday finals sessions. **The small pool and hot tub will be CLOSED***

Parking: *Limited off-street parking is available at the pool and on the east and north sides of Pacific University's Sports Complex. On street parking is available east of Sunset Drive on side streets and at Gray & Company parking lot off of 23rd, one block east of the pool.*

Hosted By: Forest Grove Swim Club, Forest Grove Aquatic Center
& Beaverton Area Aquatic Club

Medical: Medical facilities available include lifeguards, facility staff an AED, and access to 1st responders via 911.

MAAPP: 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.

Restrictions: “Tobacco Products of any kind, alcohol beverages and glass containers are not allowed in the swimming venue. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changing is prohibited. Cameras or other recording devices are not allowed behind the blocks. Operations of a drone, or any other flying apparatus, are 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.” (Sections 103.11-13, 202.4.9.H-J)

Deck Access: Coaches and officials must have valid USA Swimming credentials available at all times while on deck. Spectators and parents are restricted to designated spectator seating areas.

Eligibility:

1. Meet is open to any USA Swimming Registered athletes who meet the qualifying standards. Swimmers must be slower than the Oregon “A” time standard to enter an event. No on-deck registration will be permitted.
2. Submit YARD TIMES ONLY for seeding. NTs will **NOT** be accepted.
3. Swimmers must be within the listed age brackets as of February 2, 2024.
4. 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.

Safety: 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 (“MAAPP2.0”), and that they understand that compliance with the MAAPP2.0 policy is a condition of participation in the conduct of this competition. Applicable Adults are defined as: All USA Swimming non-athlete members and adult athlete members; Participating non-members (i.e., Meet marshals, meet computer operators, timers, etc.); LSC and club adult staff and board members; and any other adult authorized to have regular contact with or authority over a minor athlete.

Swimwear: *No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet. Age is determined on the first date of the meet.*

1. *Tech suits are defined as any suit with bonded seams, kinetic tape, or mesh seams.*
2. *12 & under athletes observed violating this rule will be disqualified.*

Rules: Current USA Swimming and OSI Rules will govern. OSI Safety Guidelines and Warm-up procedures will be strictly enforced.

Format:

1. Friday is a Timed Finals Session for all ages.
2. Saturday & Sunday will be Timed Finals for 10 & Under swimmers.
3. Saturday & Sunday will be Prelims & Finals for 11 & Over swimmers.
4. All Prelims and Timed final events will be pre-seeded (**except event 1**), swum mixed gender and age group
5. **Event 1** is a positive check in event, **check in will close at 4:15pm**
6. Finals will be swum by age group and gender
7. A Finals for all 200 yard events.- Girls 11-12, 13-14, & 15&O / Boys 11-12, 13-14, & 15&O
8. A & B finals for all 50 & 100 yard events.-Girls 11-12, 13-14, & 15&O / Boys 11- 12, 13-14, & 15&O

Finals Events:

1. An athlete qualifying for a finals race, based upon the results of the preliminaries, shall notify the Clerk of Course within thirty (30) minutes after the announcement of the event that they may not intend to compete and further declare their final intentions within thirty (30) minutes following the conclusion of their last individual preliminary event.
2. If an athlete will not be swimming in finals, no matter what their placing, meet management asks for the athlete to scratch from finals with the Clerk of Course. This will assist in seeding for finals.

Schedule:

- Friday: Warm-ups 4:00-4:45 PM, Meet Start 5:00 PM. A 30 minute warm-up session will be offered at the conclusion of the 1650's,
- Saturday and Sunday AM Sessions: Warm-ups 7:30-8:30 AM, Meet Start 8:45 AM
- Saturday and Sunday PM Sessions: Warm-ups will begin at the conclusion of the AM session but not before 11:00am Please note: An updated timeline will be sent out by February 1st. PM Warm up times will be assigned at that time.
- Saturday and Sunday Finals Sessions: Warm-ups will begin at 4:00pm. Meet will start at 5:00p

Entries: Swimmers may enter a maximum of 3 events each day and a total of 8

for the meet. Entries will be limited to a maximum of 325 swimmers or **not to exceed the four-hour timeline**. **Entries will Open on January 15th and will be closing at 8:00 PM FRIDAY January 26, 2024** and in order of submission until such time as the session/meet is full or the entry deadline is reached.

1. Submit yard times only for seeding. **NT will not be accepted**, please submit an estimated time for your NT swimmers.
2. Swimmers must have B/C time for events they are wishing to swim in
3. Submit entries on Hy Tek software by email. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.
4. Priority for entries will be given to those teams committing to provide officials.
5. With your entries, please provide the names of the officials committed to each session.
6. Email entries to Kim Jennings: fgsmeetmgr@gmail.com
7. At the Meet Directors discretion, entries may be accepted after the given deadline.

Officials: Please remit a list of certified officials that will be attending with your club's entry file. The meet director and referee retain the right to accept entries out of order to ensure a complement of officials.

Seating: Teams will have assigned seating and spectators will need to bring their own chairs. As we are expecting this meet to fill, we will also have the outdoor space available for tents and additional seating.

Heat sheets will be available on Meet Mobile for free.

Hospitality: Coaches and officials are invited to enjoy the hospitality provided for them by the parents and sponsors of the Forest Grove Swim Club.

No Coach Present: For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmer's responsibility to arrange for a certified coach to be responsible for the swimmer. This must be done BEFORE the swimmer can enter the water for warm-ups or competition. Upon arrival at the meet, please see the Meet Director or the Meet Referee if assistance is needed.

Vendors:

- FGSC Concessions: Snacks and Lite food
- EBI T-shirt Graphics
- OG Taquitos Taco Truck

Entry Fees:

Fees	INDIVIDUAL EVENTS	RELAY EVENTS	ATHLETE SURCHARGE
OSI FEES PAID TO OREGON SWIMMING	\$0.50	N/A	\$3.00
FGSC EVENT FEES FOR MEET EXPENSES	\$4.50 for timed finals events. \$6.50 for P/F	N/A	N/A
FACILITY FEES PAID TO FOREST GROVE AQUATIC CENTER	N/A	N/A	\$15.00
TOTAL MEET FEES		N/A	\$18.00

Entry fees are due to the clerk of course by the end of session 2. Checks payable to Forest Grove Swim Club.

Breaks: At the Meet Referee's discretion, breaks may be inserted in the meet to provide adequate recovery for athletes between events or for any other reason the Referee sees fit to address.

Awards: Ribbons will be given to swimmers achieving a first time "A" time in any event, in their respective age group. OSI short course time standards for the 2023- 2024 season shall be the determining standard. Medals will be awarded to the top 3 swimmers and ribbons will be awarded to the 4th- 6th place swimmers in each event and all age groups. Scoring: This meet will not be scored.

Meetings:

1. Coach meetings will be held 15 minutes prior to the start of the meet on Friday and both Saturday sessions. Subsequent coach meetings will be at the discretion of the Meet Referee.
2. Officials' meetings will be held 1 hour prior to the start time.

Timers:

1. Each team will be given lane-timing assignments.
2. Please sign up on the list at Clerk of Course Table.

FOREST GROVE



SWIM CLUB

Forest Grove Swim Club B/C 2024 Coast Range Qualifier

[2024 Oregon Swimming Time Standards](#)

FRIDAY Session 1:

Warm up 4:00-4:45pm

Meet Start 5:00pm

** a positive check in is
required for this event.*

*Positive check in will end
at 4:15*

- #1 Mixed Open 1650*
- #2 Mixed 10 Under 200 Free
- #3 Mixed 10 & Under 100 IM

SATURDAY AM – Session 2

Warm up: 7:30-8:30am

Meet Start: 8:45am

- #4 Mixed 11 & Over 200 IM
- #5 Mixed 11 & Over 100 Free
- #6 Mixed 11-12 50 Fly
- #7 Mixed 11 & Over 200 Back
- #8 Mixed 11 & Over 100 Breast
- #9 Mixed 11-12 50 Back
- #10 Mixed 11 & Over 200 Fly

SATURDAY PM – Session 3

*Warm up: Begins at the conclusion of Session 2, but not before
11:00am*

- #11 Mixed 10 & Under 100 Free
- #12 Mixed 8 & under 25 Fly
- #13 Mixed 10 & Under 50 Fly
- #14 Mixed 8 & Under 25 Free
- #15 Mixed 10 & Under 100 Breast
- #16 Mixed 10 & Under 50 Back

SATURDAY 11 & Over Finals Session 4

*Warm up 4:00pm
Meet Start 5:00pm*

- #4 Mixed 11 & Over 200 IM
- #5 Mixed 11 & Over 100 Free
- #6 Mixed 11-12 50 Fly
- #7 Mixed 11 & Over 200 Back
- #8 Mixed 11 & Over 100 Breast
- #9 Mixed 11-12 50 Back
- #10 Mixed 11 & Over 200 Fly

SUNDAY AM –Session 5

*Warm up: 7:30-8:30am
Meet Start: 8:45am*

- #17 Mixed 11 & Over 200 Free
- #18 Mixed 11-12 100 IM
- #19 Mixed 11 & Over 100 Back
- #20 Mixed 11-12 50 Breast
- #21 Mixed 11 & Over 100 Fly
- #22 Mixed 11 & Over 50 Free
- #23 Mixed 11 & Over 200 Breast

SUNDAY PM Session 6

Warm up: Begins at the conclusion of Session 2, but not before 11:00am

- #24 Mixed 10 & Under 100 Back
- #25 Mixed 8 & under 25 Back
- #26 Mixed 10 & Under 50 Breast
- #27 Mixed 8 & Under 25 Breast
- #28 Mixed 10 & Under 100 Fly
- #29 Mixed 10 & Under 50 Free

SUNDAY 11 & Over Finals Session 7

Warm up 4:00pm

Meet Start 5:00pm

- #17 Mixed 11 & Over 200 Free
- #18 Mixed 11-12 100 IM
- #19 Mixed 11 & Over 100 Back
- #20 Mixed 11-12 50 Breast
- #21 Mixed 11 & Over 100 Fly
- #22 Mixed 11 & Over 50 Free