



Tigard Tualatin Swim Club

2023 Holiday Invitational Meet ~ Dec. 8, 9 & 10 2023

SCY – Timed Finals – A/B/C Split Sessions – (10&U/10-12/13&O)

HELD UNDER THE SANCTION OF U.S.A. SWIMMING
HELD UNDER THE SANCTION OF OREGON SWIMMING

SANCTION 22-122

Held under the sanction of USA Swimming, Inc. *In granting this sanction*, it is understood and agreed that USA Swimming, Oregon Swimming and Tigard Tualatin Swim Club 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.

Health and safety measures are in effect for the protection of all visitors to the Tualatin Swim Center. All posted, written and other instructions must be followed while visiting the facility.

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, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., 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, OREGON SWIMMING, TTSC, TTAD, AND TTSD 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 THEREWITH.

HOST:

Tigard Tualatin Swim Club (TTSC)

FACILITY:

Tualatin Swim Center
22300 SW Boones Ferry Road Tualatin, Oregon 97062
[\(503\) 431-5655](tel:5034315655)

ELIGIBILITY:

Swimmers must be currently registered with USA Swimming. **NO ON DECK REGISTRATION SHALL BE PERMITTED.** Swimmers must be within the listed age brackets as of the first day of the meet.





ENTRY DEADLINE:

Entries must be received no later than 11:59 p.m. on Friday, December 1, 2023. **NO LATE ENTRIES SHALL BE PERMITTED FOR ANY SESSION.** Entries will be processed in the order that they are received by the Clerk of Course on a first come basis.

ENTRY-LIMIT: Swimmers may enter a maximum of three individual events and one relay per day.

10-year-old athletes will have to be either in the 10&Under session or the 10-12 session and can **NOT** be in both.

MEET SPECIFICS:

All events will be swum as mixed events, except relays. All sessions will run 8 lanes for warmups. This meet will be pre-seeded except for the following events:

Positive check-in is required at 15 minutes into warmups on Friday and Sunday and by the end of warmups on Saturday afternoon for the following events as these will be deck seeded:

FRIDAY AFTERNOON: The 500 Yard Freestyle (competition swum in 6 lanes) and 1000 Yard Freestyle (competition swum in 6 lanes) will be swum fastest to slowest. **All 500 Yard Freestyle and 1000 Yard Freestyle swimmers need to provide their own timers and counters.**

SUNDAY AFTERNOON: The 400 Yard IM will be swum fastest to slowest (competition will run in 8 lanes)

Vacant spot(s) available after positive check-in for the distance events will be filled with the next fastest swimmer(s) entered for that event.

Friday PM sessions will run in lanes 1- 6, lane 7 will remain empty, and lane 8 will be open throughout the session for warm-up/cool down. Saturday and Sunday sessions will run in 8 lanes for competition.

ENTRY FEES:

\$3.00 Oregon Swimmer surcharge per swimmer
\$12.00 Facility Fee per swimmer
\$4.50 Individual entry per event | \$12 Relay Entry

TTSC has gone GREEN a PDF heat sheet will be emailed to your coach a few days prior to competition for team distribution. Physical copies will be made available for Officials and coaches. Postings will be available throughout the facility.

ENTRY ADDRESS:

Clerk of Course

Attn: Deborah O'Brien | tsscoc@gmail.com | 575-386-7847

P.O. Box 23126

Tigard, OR 97281





ENTRIES:

1. Submit YARD TIMES only for seeding
2. Submit Hy-Tek entries via e-mail. Please include a PDF or DOC copy of the swimmer entries with it. The Hy-Tek program should be able to create this. If necessary, entries submitted by disk with printed out swimmer entries via mail is still accepted.
3. Complete the enclosed master entry forms using yard times for each event. Enter relay times on relay forms.
4. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming Inc.
5. 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 without the use of the backstroke ledge. When accompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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 may enter the water for warm-ups or competition. Please see the Meet Director or the Meet Referee if assistance is needed upon arrival at the meet.

RESTROOMS:

Locker rooms are for athletes only. There is a men's and women's restroom available for non-athletes.

CONCESSIONS:

Concessions will be offered near the entrance to the facility during this swim meet.

FACILITY:

Short course indoor 25-yard pool, eight 7-foot wide lanes, 12-inch pool markings, 3-feet to 9 feet deep. Starting blocks at the deep end of the pool only. Tile overflow lip gutter, 3- inch non-turbulent racing lines with 15-meter markings, 30" aluminum starting blocks with backstroke grips located at the deep end only. The competition course has not been certified in accordance with 104.2.2[4]. Swim venue includes spectator parking.

Only registered Coaches, Officials, swimmers, and meet volunteers are permitted on deck. Non-athlete members, such as Coaches and Officials, must produce deck credentials or identification cards to be permitted on deck. The facility is accessible to adaptive swimmers.

INGRESS / EGRESS / COMPETITION – PROTOCOLS:

All meet attendees must follow verbal and posted instructions from meet personnel and Tualatin Swim Center regarding ingress into, egress from the facility, as well as, during competition and staging. DO NOT congregate near the entrance or exit.

RESTRICTIONS:

Tobacco products of any kind, alcoholic beverages, and glass containers, are not allowed in the swimming venue. Shaving is not permitted anywhere within the facility. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Photography is not allowed behind the blocks during starts and relay exchanges. 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) anytime athletes, coaches, officials and/or spectators are present. **Deck changing is prohibited.**





TECH SUITS:

No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

TIMELINE:

The Meet Director reserves the right to change warm-up times as approved by the Referee. All coaches will be informed of any changes to warm-up and competition times. The Meet Referee reserves the right to remove or lengthen breaks written in the sanction as deemed appropriate for the success of the athletes.

Due to the unknown number of athletes attending this meet, session timelines are tentative and subject to change. Once athletes are confirmed, a revised session timeline will be shared with all coaches prior to the meet. Refer to the last page of the meet info for tentative warmup and competition timeline.

MEETINGS: All officials for this meet will be confirmed prior to the meet. An officials meeting will be conducted prior to the meet in a space to be provided to the officials by the meet referee. Questions or comments, please contact Ray Jentges: RAY941@hotmail.com

RULES & SAFETY:

Current USA Swimming Rules, including the 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. Current Oregon Swimming Safety Guidelines & Warm-up Procedures will be in effect & strictly enforced.

- The USA Swimming Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.
- The Minor Athlete Abuse Prevention Policy prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.
- Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.
- All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after December 8th, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after December 8th, who competes in this USA Swimming sanctioned event without





completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

- For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.

The following medical supervision will be available to athletes participating in the meet: lifeguards, AED device, Emergency Oxygen, EMS 3-5 minutes away.

Bull Pen:

A bullpen will be provided for the 10&Under sessions for the 8 and under events. All other swimmers shall report directly to their assigned lanes.

AWARDS:

Events: 1st – 8th place ribbons for each gender (8&U, 9-10, 11-12).

Relays: 1st – 3rd place ribbons (12&U)

All awards must be collected at the conclusion of the meet, they will not be mailed.

OFFICIALS COORDINATOR:

Dan Hutton

huttond1@msn.com

MEET REF:

Ray Jentges

RAY941@hotmail.com

AO:

Deborah O'Brien

tsccoc@gmail.com

MEET DIRECTOR:

Aaron Braach

tscmeetdirector@gmail.com

OFFICIALS/COACHES:

Refreshments will be provided in the Hospitality Room for the duration of the meet for officials, coaches, and all day TTSC volunteers. TTSC Officials Coordinator or the Meet Referee will contact officials to work this meet. Without the proper number of officials volunteering their time, meets are subject to sanction ineligibility.

TIMERS:

This meet will run with two lane timers per lane and the use of an electronic timing system. All 25- yard events will have 3 timers. Timers report to the Head Timer 15 minutes prior to the start of the meet session.

Hosted by: Tigard Tualatin Swim Club (TTSC)

The Tigard Tualatin Swim Club agrees that the conduct of this meet will adhere to all health and safety mandates and guidelines of USA Swimming, Oregon Swimming, the State of Oregon, Washington County, City of Tualatin and the Tualatin Swim Center. Anyone not adhering to local government protocols and facility requirements set forth will be asked to leave, without exception.

WARM-UP PROCEDURES

1. General Warm-Up (First 30-45 minutes)

(a) NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool.

Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.

(b) No sprinting (racing starts) allowed during this general warm-up session.

(c) All lanes to be used for general warm-ups.





2023 Holiday Invitational ~ Dec. 8, 9, 10 2023

Friday, December 8, 2023 ~ Session 1
(Running 6 lanes for competition)

Session 1		
Mixed	Age	Event
1	12 & U	200 Back
2	Open	500 Free
3	12 & U	200 IM
4	13&O	1000 Free

FRIDAY SESSION 1: Positive check-in is required for the 500 Free and 1000 Free by halfway through warmups. All 500 Yard Freestyle and 1,000 Yard Freestyle swimmers need to provide their own timers and counters.

Saturday, December 9, 2023 ~ Session 2, 3 & 4
(Session 2, 3, 4 Running in 8 lanes for competition)

Session 2		
Mixed	Age	Event
5	10-12	200 Free
6	10-12	200 Medly Relay (girls)
7	10-12	200 Medly Relay (boys)
8	10-12	50 Free
9	10-12	50 Breast
10	10-12	100 Back
11	10-12	50 Fly

Session 3		
Mixed	Age	Event
12	10&U	50 Breast
13	8&U	25 Back
14	10&U	50 Fly
15	8&U	100 Medly Relay
16	10&U	200 Medly Relay
17	10&U	50 Free
18	8&U	25 Fly

Session 4		
Mixed	Age	Event
19	13&O	200 IM
20	13&O	200 Medly Relay (girls)
21	13&O	200 Medly Relay (boys)
22	13&O	100 Breast
23	13&O	50 Free
24	13&O	200 Fly
25	13&O	100 Back

Sunday, December 10, 2023 ~ Session 5, 6 & 7
(Session 5, 6, 7 Running in 8 lanes for competition)

Session 5		
Mixed	Age	Event
26	10-12	100 IM
27	10-12	200 Fee Relay (girls)
28	10-12	200 Fee Relay (boys)
29	10-12	100 Breast
30	10-12	50 Back
31	10-12	100 Free
32	10-12	100 Fly

Session 6		
Mixed	Age	Event
33	10&U	100 IM
34	8&U	25 Breast
35	8&U	100 Free Relay
36	10&U	200 Fee Relay
37	10&U	50 Back
38	10&U	100 Free
39	8&U	25 Free

Session 7		
Mixed	Age	Event
40	13&O	200 Free
41	13&O	200 Fee Relay (girls)
42	13&O	200 Fee Relay (boys)
43	13&O	200 Brest
44	13&O	100 Free
45	13&O	200 Back
46	13&O	100 Fly
10 Minute Break		
47	13&O	400 IM

Sunday SESSION 7: Positive check-in is required by end of warm ups for the 400 IM





Meet Timeline

2023 Holiday Invitational ~ Dec. 8, 9 & 10
 Running 8 lanes for warm ups
 Running 6 lanes for competition for Session 1. Running 8 lanes for (10&U) (10-12) & (13&O) competition

Session 1 Fri. PM	
Warm up	5:15-6:00PM
COMPETITION	6:15 PM

Session 2 (10-12) Sat. AM	
Warm up	7:30-8:15 AM
COMPETITION	8:30 AM

Session 3 (10&U) Sat. PM	
Warm up	11:00-11:30 AM
COMPETITION	11:45 AM (approx)

Session 4 (13&O) Sat. PM	
Warm up	1:00-2:00 PM
COMPETITION	2:15 PM (approx)

Session 5 (10-12) Sunday AM	
Warm up	7:30-8:15 AM
COMPETITION	8:30 AM

Session 6 (10&U) Sunday PM	
Warm up	11:00-11:30AM
COMPETITION	11:45 AM (approx)

Session 7 (13&O) Sunday PM	
Warm up	1:00-2:00 PM
COMPETITION	2:15 PM (approx)





PLEASE provide one check per team.

Sign and return this page.

I have read the meet information and attest that all swimmers
entered hereon are registered with USA Swimming, Inc.

Coach/Team Representative

Date

Phone Number

Coach e-mail address: _____

Please send entries to:

Clerk of Course Attn: Deborah O'Brien

Checks payable to: Tigard Tualatin Swim Club

P.O. Box 23126

Tigard, OR 97281

ttscoc@gmail.com

575-386-7847

COACHES: HY-TEK FILE FOR TEAM MANAGER IS AVAILABLE

AT OUR WEBSITE <http://www.ttsc.org>.





FACILITY MAP / ATHLETE FLOW CHART

