

# Legacy Aquatics Spring Kick-Off

**April 20-21, 2024**

**HELD UNDER THE SANCTION OF USA SWIMMING**

- Sanction #: 24-056  
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.
- Eligibility: Swimmers must be currently registered with USA Swimming. NO ON DECK REGISTRATION SHALL BE PERMITTED. Swimmers must be the listed age as of April 20, 2024.
- Location: Parkrose Swim Pool 12003 NE Shaver Street, Portland, OR 97220.
- Meet Referees: Candace Leslie [candace.e.leslie@gmail.com](mailto:candace.e.leslie@gmail.com)  
Audrey Lungershausen [fourteentalltrees@mac.com](mailto:fourteentalltrees@mac.com)
- Admin Official: Dana Nation [dananation@gmail.com](mailto:dananation@gmail.com)
- Meet Director: Bobby DeRoest [coachbobbyddac@gmail.com](mailto:coachbobbyddac@gmail.com)
- Times: Saturday & Sunday: Warm-ups 9:00am. Meet Starts 10:00am
- Entries: Submit YARD times for seeding in Hy-tek format.  
Email entries to Bobby DeRoest at [coachbobbyddac@gmail.com](mailto:coachbobbyddac@gmail.com)  
With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.
- Entries Due: Friday April 12th 8:00pm
- Meet Fees: Surcharge = \$18.00 per swimmer (Facility -\$15, OSI - \$3.00)  
Events = \$3.00/event  
Checks to paid to: BCAC
- Event limit: 6 events per swimmer / 3 events per day
- Officials: Teams are required to provide certified stroke and turn officials at every meet entered. We greatly appreciate the help and early commitment of certified officials at all sessions of this meet. Failure to provide certified officials may result in swim times not being protected. The number of certified officials needed to make times count is at the discretion of the Meet Referee using USA Swimming protocol. Please notify Meet Director, Bobby DeRoest with your officials' commitment via email at: [coachbobbyddac@gmail.com](mailto:coachbobbyddac@gmail.com)
- Trainees are welcome and trainee sessions are subject to availability of certified officials. The Official uniform will be white polo shirt, black pants, shorts or skirt, white socks and black shoes.
- No Coach: For unattached swimmers or swimmers whose coach is not attending the meet, it is the swimmer's responsibility to arrange for a certified coach before the swimmer enters the water for warm-ups or competition.

- Facility: Competition Pool – eight lanes, 7-ft lanes, 25 Yard pool. Depth: The starting block end is 7 feet, the turn end is 3.5 feet. Facility ensures that measurements of the pool are accurate. Daktronics Timing System. 2 timers/lane.
- Awards: Heat Winner Awards
- Rules: Current USA Swimming and Oregon Swimming Inc., rules will govern this meet.
- 4 Hour Rule: This meet is planned such that events for 12&Unders can reasonably be concluded within four (4) hours.
- Safety: Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced. All swimmers 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.
- Deck Access: Pool deck areas are available for swimmers, coaches, officials and working volunteers only. Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced. Deck changing is prohibited. **\*\*SPECTATORS ARE NOT ALLOWED ON DECK**
- Restrictions: Tobacco products of any kind, alcoholic 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. No cell phones or other recording devices are allowed behind the blocks. Deck changing is prohibited.
- Photography: Photography of any kind is not permitted behind the starting line or starting blocks at any time during the meet.
- Medical: Medical facilities available at facility, lifeguards will be on duty throughout the event in case of emergency
- 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.
- 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.
- Meetings: An official’s meeting will be held 45 minutes prior to the start of the session. A coaches meeting will be held 15 minutes prior to the start of the session.
- 500’s: 500s will require a positive check in at the clerk of course and will be deck seeded. 500s will be swum fastest to slowest and Swimmers/clubs are responsible for providing their own timers for the 500 Freestyle. Legacy Aquatics reserves the right to limit the 500s to the first 30 entries received. The Referee reserves the right to combine heats in the interest of swimmer equity, 4-hour rule, and facility contract.
- Locker Rooms: The facility’s Women’s and Men’s locker rooms are available for registered athletes only.
- Rest Rooms: Separate restrooms are marked and available for adults/Officials. Locker rooms are for athletes only.

**ORDER OF EVENTS – ALL EVENTS ARE MIXED GENDER**

**SATURDAY 4/20**

- #1 Open 400 I.M.
- #2 Open 200 Backstroke
- #3 25 Freestyle (8u)
- #4 Open 50 Freestyle
- #5 25 Breaststroke (8u)
- #6 50 Breaststroke (12u)
- #7 Open 100 Breaststroke
- #8 Open 200 Butterfly
- #9 100 I.M. (12u)
- #10 Open 200 Freestyle

**SUNDAY 4/21**

- #11 Open 500 Freestyle
- #12 Open 200 Breaststroke
- #13 25 Backstroke (8u)
- #14 50 Backstroke (12u)
- #15 Open 100 Backstroke
- #16 25 Butterfly (8u)
- #17 50 Butterfly (12u)
- #18 Open 100 Butterfly
- #19 Open 100 Freestyle
- #20 Open 200 IM