

Legacy Intrasquad

October 28, 2023

HELD UNDER THE SANCTION OF USA SWIMMING

- Sanction #: 23-113
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 October 28, 2023.
- Location: David Douglas Aquatics Center. 13030 SE Taylor Ct. Portland, OR 97233
- Meet Referee: Glen Sharp glensharp.usas.ao@gmail.com
- Admin Official: Teresa Steinbock teresasteinbock@gmail.com
- Meet Director: Bobby DeRoest coachbobbyddac@gmail.com
- Times: Warm-ups 8:15am. Meet Starts 9:15am
- Entries: Submit YARD times for seeding in Hy-tek format.
Email entries to Bobby DeRoest at bobby_deroest@ddsd40.org.
With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.
- Entries Due: Tuesday October 24th
- Facility fee: \$15.00 per swimmer – Paid to DDAC
- Event limit: 3 events per swimmer for session 1, 1 event for session 2
- Events: All events are OPEN MIXED GENDER. Results will be Multi Age-Group: (8U, 10U, 11-12, 13O)
- Facility: Competition Pool – eight lanes, 7-ft lanes, 25 Yard pool. Depth: The starting block end is 9 feet, the turn end is 3.5 feet. The competition course has not been certified in accordance with 104.2.2 C(4). Daktronics Timing System. 2 timers/lane.
- Awards: Heat Winner Awards will be rewarded at the conclusion of each heat.
- Rules: Current USA Swimming and Oregon Swimming Inc., rules will govern this meet. The 4-hour rule will be in effect for all 12u swimmers.
- 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.
- Medical: David Douglas Aquatic Center Lifeguards with access to AED, first aid and medical supplies will be available for any injury or medical emergency 911 will be utilized as necessary.
- 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. Photography is not

allowed behind the blocks during the start of a race or relay exchange. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Deck changing is prohibited.

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 officials 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.

ORDER OF EVENTS – ALL EVENTS ARE MIXED GENDER

SESSION 1

- | | | |
|-----|------|------------------|
| #1 | OPEN | 100 IM |
| #2 | OPEN | 200 IM |
| #3 | OPEN | 25 Freestyle |
| #4 | OPEN | 50 Freestyle |
| #5 | OPEN | 100 Freestyle |
| #6 | OPEN | 25 Breaststroke |
| #7 | OPEN | 50 Breaststroke |
| #8 | OPEN | 100 Breaststroke |
| #9 | OPEN | 25 Backstroke |
| #10 | OPEN | 50 Backstroke |
| #11 | OPEN | 100 Backstroke |
| #12 | OPEN | 25 Butterfly |
| #13 | OPEN | 50 Butterfly |
| #14 | OPEN | 100 Butterfly |

SESSION 2

- | | | |
|-----|---------|----------------|
| #15 | 13&Over | 1000 Freestyle |
|-----|---------|----------------|