

2022 CAT-HEAT-RACE

November 6, 2022

Held under the sanction of USA Swimming, Inc. through Oregon Swimming, Inc.
Sanction #22-096

Sanction: In applying for this sanction, the Corvallis Aquatic Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Oregon Swimming, the State of Oregon, and the City of Corvallis.

In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming, and the Corvallis Aquatic Team 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.

COVID-19: Masks are not required in the facility. All posted, written, and other instructions must be followed while visiting the facility.

At the discretion of the Meet Referee, Meet Director, and the facility, COVID-19 restrictions may be adjusted to align with state, county, local, and facility requirements. Teams will be notified before the meet of any changes.

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 AND OREGON SWIMMING 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: Corvallis Aquatic Team

Host Facility: Osborn Aquatic Center, 1940 NW Highland Dr., Corvallis OR 97330

Eligibility: Swimmers must currently be registered with USA Swimming as a member of one of the invited teams. Swimmers must be within entered age brackets as of November 6, 2022. No deck registration shall be permitted.

Entry Deadline: Entries must be received no later than **noon** on Monday, October 24, 2022. No on-deck registration will be permitted.

Entry Limit: Swimmers may enter a maximum of three individual events

Meet Format & Specifics: The meet will be run in SCY. All events will be pre-seeded timed finals and swum as mixed gender. Age limits/guidelines are designated on pages 4-5 (Order of Events). Over swimmer starts will be used.

The session will be limited to no more than 4 hours. Entries may be limited to comply with these time limits.

Entry Fees: \$8/swimmer (\$3 OSI surcharge, \$5 Osborn facility use fee)
\$1 Individual entry fee per event

Please make checks payable to Corvallis Aquatic Team. Please mail checks to:
CAT-BEND-NST-SHSC Meet Entries, % Jenny Graham, 1310 NW 10th ST , Corvallis, OR 97330

Entries: Please submit a Hytek entry file to brandon@corvallisaquaticteam.org. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.
Entries are due at noon on Monday October 24th.

Awards: No awards.

Facility: Competition Pool:8 lanes, 7-ft 25-yard lanes, 30-in tilted blocks. Depth: 6ft to13 ft.
Warm-up/Cool-Down: Shallow end of indoor pool east of bulkhead, 8 lanes and outdoor 25 meter pool, 6 lanes.
The competition course has not been certified in accordance with 104.2.2 C(4).

Seating/Live Feed: Spectator seating is limited to the balcony and the deck on the non-competition end of the pool. A live feed **may** be available on social media (Facebook and/or Instagram).

Timing: Daktronics timing system, horn start, and finish touch pads. Results via electronic scoreboard. Names will appear as received in meet entries.

Pool Hours: The facility will not be open to the public during the competition. Participants may not enter the facility prior to the scheduled warm-up time.

Times: Warm ups and the meet will begin **no earlier** than the posted times below. **Actual start times will be announced via email and posted on the CAT website as soon as entries are complete.**

	<u>Warm-ups</u>	<u>Competition</u>
Sunday AM	7:00 AM	8:00 AM

Rules: Current USA Swimming and Oregon Swimming Inc. rules, will govern this meet.

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: As of September 1, 2020, no Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

Safety: Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly

enforced.

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.

Restrictions: The deck is restricted to athletes entered in the meet, coaches with athletes entered in the meet, meet staff, meet officials, and facility employees. No spectators except meet volunteers and timers may access the pool deck. No glass containers, tobacco products, or alcoholic beverages are allowed in the pool facility. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Cell phones and photography are not allowed behind the blocks. Deck changing is prohibited. Operations 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.

Meet Referee: Bill Shreeve bill.shreeve1@gmail.com

Admin Official: Jenny Graham meetdirector@corvallisquaticteam.org

Meet Director: Brandon Shreeve brandon@corvallisquaticteam.org

Officials: Teams shall notify the meet director or the meet referee of the availability of officials from their team to work the meet. A limited hospitality table will be provided. The uniform for officials will be white over black, with black shoes and socks. Officials and Coaches shall display USA Swimming credentials with current certification when on deck.

Meetings: Official's meeting will be held at the start of warm ups. Time to be announced. Coach's meeting will be held 15 minutes before the start of the meet. Time to be announced.

Timers: The meet will be operated with 2 timers per lane. Each team will be responsible for providing multiple timers. Lane assignments will be sent out after entries are submitted.

2022 CAT-HEAT-RACE

November 6, 2022

Order of Events

Sunday AM

<u>Event #</u>	<u>Event Description</u>
1	Mixed Open 400 IM
2	Mixed 12&Under 50 Fly
3	Mixed Open 200 Fly
4	Mixed Open 100 Free
5	Mixed 8&Under 25 Fly
6	Mixed 12&Under 50 Breast
7	Mixed Open 200 Breast
8	Mixed Open 100 Back
9	Mixed 8&Under 25 Breast
10	Mixed Open 200 IM
11	Mixed Open 50 Free
12	Mixed Open 200 Free
13	Mixed Open 100 Fly
14	Mixed 8&Under 25 Free
15	Mixed Open 50 Back
16	Mixed Open 200 Back
17	Mixed Open 100 Breast
18	Mixed 8&Under 25 Back
19	Mixed 12&Under 100 IM
20	Mixed Open 500 Free

