

2022 MAC Red and White Meet
Friday December 16th, 2022
Multnomah Athletic Club
1849 SW Salmon St., Portland, Oregon
Phone: 503-223-6251

Held under the sanction of USA Swimming, Inc. through Oregon Swimming, Inc. Sanction #: 22-116

Sanction:

In applying for this sanction, The MAC Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Oregon Swimming, the State of Oregon, Multnomah County, and the City of Portland Oregon.

In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming, Multnomah Athletic Club, and The MAC Swim 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:

We have taken enhanced health and safety measures for the protection of all visitors to the Multnomah Athletic Club. 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 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 HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Meet Referee: Julie Carpenter - jmcarpenter001@gmail.com

Admin Referee: Lee Cannon - LCannonpdx@gmail.com

Meet Director: Tim Larkin- tlarkin@themac.com

- Facility:** Indoor 4-foot 1 inch depth at start and turn end of pool, six 7-foot lanes, 25- yard pool with non-turbulent lane lines. Daktronics timing system with strobe/horn start and Colorado scoreboard along with Meet Manager software will be utilized.. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming. There will be no concessions at this meet. 25's will start in water from the bulkhead side of the pool.
- Spectators:** Spectators can watch from the Mezzanine level (Maximum occupancy is 25 people). POOL DECK IS FOR SWIMMERS, COACHES, OFFICIALS, TIMERS and VOLUNTEERS ONLY. Swimmers are limited to the pool area only.
- Schedule:** **Warm ups: 4:00 PM, meet start at 5:00 PM**
- Meetings:** An officials meeting will be held 45 minutes prior to the session.
- 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 cell phones, is not permitted in the changing areas, restrooms or locker rooms. Photography is not allowed behind the blocks during the start of any races or during relay exchanges. The use of a "Go Pro" and similar photographic or video devices is not allowed in, on or near the pool during competition. Operations of a drone (or any other flying apparatus) are prohibited over the venue (pool, athlete/coach areas, spectator areas and locker rooms) when athletes, coaches, officials and/or spectators are present. Deck changing is prohibited. *This meet may be covered by the media or general publication, including photographs, video, webcasting, social media and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment and consent to this fact.*
- 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.
- MAC-specific:** Swimmers and spectators are asked to stay in the pool and concession areas. Lawn and deck chairs are not permitted. No large coolers, only individual or small sized coolers will be allowed in the club. **Swimmers and spectators should use the Athletic entrance of the Club.**
- Rules/Safety:** Current USA Swimming and Oregon Swimming, Inc. rules will govern the meet. Oregon Swimming, Inc. safety guidelines and warm up procedures will be strictly enforced. All swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing racing starts, or the swimmer 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.
- Swimwear:** USA Swimming Rule 102.8.1F: No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed Meet.
- Awards:** No Awards
- Eligibility:** Swimmers must be currently registered with USA Swimming. NO ON-DECK REGISTRATION SHALL BE PERMITTED.
- Entries:** Swimmers limited to FOUR events. All events are timed finals and will be mixed boys and girls. *Session Entries will be limited so timeline does not exceed 4 hours.* Entries may be submitted starting November 17th. Please submit entries (SCY seed times) via Team Unify by 12/03/22. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.

Order of Events:

- #1 Mixed Open 100 IM
- #2 8 and Under 25 yd Butterfly
- #3 Mixed 50 yd Breaststroke
- #4 Mixed 100 yd Freestyle
- #5 8 and Under 25 yd Freestyle
- #6 Mixed 50 yd Butterfly
- #7 Mixed 100 yd Backstroke
- #8 8 and Under 25 yd Breaststroke
- #9 Mixed 50 yd Backstroke
- #10 Mixed 100 yd Butterfly
- #11 8 and Under 25 yd Backstroke
- #12 Mixed 50 yd Freestyle
- #13 Mixed 100 yd Breaststroke