



TDPS 2022 October Intra-squad Meet

October 15, 2022

West Hills Racquet and Fitness Club, 2200 SW Cedar Hills Blvd, Portland, OR 97225

Held under the sanction of USA Swimming, Inc.
Through Oregon Swimming, Inc.
Sanction #22-0XX Open Mixed

In granting this sanction, it is understood and agreed that USA Swimming, OSI, West Hills Racquet and Fitness Club, and The Dolphins Swim Team (TDPS) 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. In applying for this sanctioned event, the Host, TDPS agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, OSI, the State of Oregon and Washington County (local jurisdiction).

Covid 19 Statement

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, OSI, West Hills Racquet and Fitness Club, and The Dolphins Swim Team (TDPS), 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.

All meet participants must sign-in (scan QR code and answer questions on your smartphone) at the club main entrance area (see map page 4).

Nonmembers (parents of swimmers that are nonmembers & other spectators) are required to sign West Hills Racquet and Fitness Club waiver in order to be on site.

Host: The Dolphins Swim Team

Location: West Hills Racquet and Fitness Club
2200 SW Cedar Hills Blvd, Portland, OR 97225

Meet Referee: Lee Cannon, LCannon@amfam.com 503-516-1568

Meet Director: Fumiyo Yoshino, fyoshino@gmail.com 503-704-3786

Admin. Official: HaThanh Goswitz, goswifam@yahoo.com, Hai Ta, hieuconhaicon@gmail.com

Officials: Please sign up for the meet via this link: <https://forms.gle/ZnKrUWoEh1ERgxF28>
If you have questions, please email the Meet Referee directly. Officials' meeting one hour prior to the start of the meet. Hospitality area will be provided for officials and coaches (see map page 4). Dress is white shirt, black pants/shorts/skirt and black shoes/socks. If you are a trainee, please email a photo of your current training log to the Meet Referee at least 7 days prior to the meet.

Eligibility: Swimmers MUST be currently registered with USA Swimming. NO ON DECK REGISTRATION SHALL BE PERMITTED.

Entry Deadlines: ***Entry Deadline is October 8th. Event file will be made available no later than September 30th, 2021.***

Entry Limit: 3 Events per swimmer.

Meet Limit: 4-hour limit, events may be adjusted/removed to accommodate session time restriction.

Entries: Submit YARD times only for seeding. Long Course time conversions are acceptable. E-mail entries in a Hy-Tek formatted file. Send file to LCannonpdx@gmail.com, and cc LCannon@amfam.com, goswifam@yahoo.com, hieuconhaicon@gmail.com, and fyoshino@gmail.com.

Please include a pdf list of entries. Receipt of entry will be confirmed by email.

With submission of entries, the coach/team representatives attest that all swimmers entered are registered with USA Swimming.

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.

Meet is pre-seeded except for the 400 IM, 500 and 1000 Freestyle which will be Deck-Seeded. Positive check in required 30 minutes prior to the start of the meet.

Entry Fees: \$3 OSI surcharge per swimmer
\$4.50 individual event fee
Entry fee must accompany master pdf entry form and must be received prior to the start of the meet. Entry fees are due October 15th, 2022. Make checks payable to: The Dolphins Swim Team.
If the event is canceled due to COVID-19 or adverse weather, a refund of the meet entry fees will be made by October 22th, 2022.

Payment Address: The Dolphins Swim Team
Attn: Swim Meet
P.O. Box 19357
Portland OR, 97280

No Coach Present: Only swimmers registered with TDPS or Unattached TDPS are eligible.

Meet Format: All events will be PRESEDED EXCEPT FOR the 400 IM, 500 and 1000 Freestyle which will be DECK-SEDED and require positive check in, deadline 30 minutes prior to the start of the meet. Races will be MIXED and swam SLOWEST to FASTEST. Over swimmer starts will be used. Coaches are encouraged to report known scratches prior to the start of the meet. Breaks may be added at the discretion of the Referee.

No Spectator Heat Sheets will be sold at the event. Heat Sheets for all Pre-seeded events will be available 24 hours prior to the meet on the Dolphins website for families to print and/or download their own. Heat Sheets will be posted at the venue and also available on Meet Mobile for free download.

Facility: Outdoor 25 yard, 5 lane pool, all of which will be used for competition. Starting blocks in the deep end only. Pool depth 9ft at the start end and 3 ft 8 in at the turn end. Lanes are 7-9 ft wide and separated by five-inch non-turbulent lane lines.

The competition course has not been certified in accordance with 104.2.2 C (4).

Only those parents who are timing are allowed in the starting area. SWIMMERS, COACHES, & OFFICIALS ONLY PLEASE AT THE START END OF THE POOL.

The pool deck area is open and can accommodate two-way foot traffic and limited seating for swimmers and spectators.

Nonmembers (parents of swimmers that are nonmembers & other spectators) are required to sign West Hills Racquet and Fitness Club waiver in order to be on site.

Swimmers should bring camping chairs for seating. Teams can bring canopies for swimmers.

Timing: Timing will be two buttons and two backup watches.

Swim Venue: Bathrooms for Athletes:

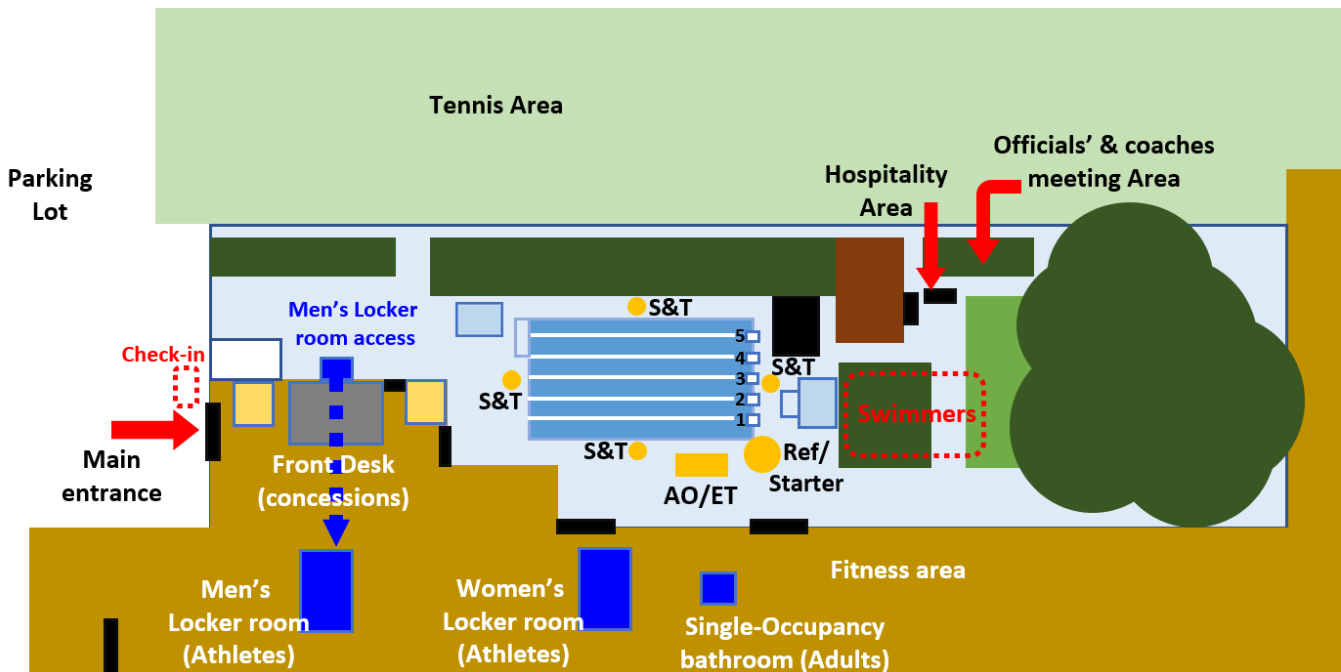
- Men's locker rooms (lower floor across front desk inside the fitness club building, **please access from outside**)
- Women's locker room (inside the fitness club building)

Swimmers: Bring your own towels and please dry yourself as much as possible before entering the building. Please keep your belongings outdoors.

Bathrooms for Adults:

- Single occupancy bathroom next to the fitness area east of the pool.

Open pool deck areas available to the swimmers, coaches, officials and spectators.



No changing allowed inside the facility including locker rooms.

Meet marshals (4) will be on deck for warm-ups.

No indoor spectator allowed.

Concessions for swimmers and spectators will be available at the West Hills front desk.

Pool Hours: Pool will be open from **7:30 AM** until the conclusion of the meet to meet participants.

Restrictions: There will be **NO TOBACCO PRODUCTS OF ANY KIND, NO ALCOHOLIC BEVERAGES, AND NO GLASS CONTAINERS** allowed in the swimming venue including the deck area or locker rooms. The use of audio or visual recording devices, including a cellphone, is not permitted in changing areas, rest rooms, or

locker rooms. Photography is prohibited behind the blocks. Video or photography is prohibited in or over the water by devices such as a GoPro. 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). Deck changing is prohibited.

Swimmers should arrive and depart in their swim apparel. **No changing allowed inside the facility including locker rooms.**

Times: Saturday Warm Up **7:45 - 8:45 AM**
Saturday Competition **9:00 AM**
Breaks may be added to the meet schedule at the discretion of the Meet Referee.
Official results will be available 7 days after competition has concluded.

Rules: Current USA Swimming and Oregon Swimming rules will govern the 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.

[Minor Athlete Abuse Prevention Policy](https://www.usaswimming.org/safe-sport/minor-athlete-abuse-prevention-policy)
(<https://www.usaswimming.org/safe-sport/minor-athlete-abuse-prevention-policy>)

All adult participants must sign MAAPP acknowledgement form at check-in (club main entrance area).

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.

Safety: Current Oregon Swimming safety guidelines and warm-up procedures will be in effect and will be 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.

Warm-Up and Competition: Warm-up lanes are directed by the team coach.

Procedures: Fly over starts may be used, but will be determined based on the number of entries received and will be communicated out when heat sheets are distributed.

Bull Pen: No bull pen will be provided.

Awards: No Awards will be provided.

Heat Sheets: Heat sheets and timelines will be available on the TDPS website in the ‘Events/Meets’ section prior to the meet and on Meet Mobile.

- Meetings:** Officials' meeting: One hour prior to the start of the meet.
Coaches' meeting: **8:50 AM** next to the hospitality area at the conclusion of warmups. (see map page 4)
- Hospitality:** Hospitality area will be provided for officials, coaches, and volunteers.
(see map page 4)
- Concessions will be available for swimmers and spectators at West Hills front desk.**
- Parking/Camping:** Please use parking lots, shared with THPRD and the William Walker Elementary School (available for day use only) as a primary parking space. Parking is very limited at West Hills Racquet and Fitness Club. No Overnight Camping. No RVs. There are no outside toilet facilities.



TDPS Intra-Squad Meet

Session 1: Saturday 10/15/2022 Morning

Warm up 7:45 - 8:45 AM Session; Meet Start 9:00 AM

1	Mixed Open 200 Freestyle
2	Mixed Open 100 Back
3	Mixed Open 50 Breast
4	Mixed Open 25 Freestyle
5	Mixed Open 25 Breast
6	Mixed Open 200 IM
7	Mixed Open 100 Butterfly
8	Mixed Open 50 Freestyle
9	Mixed Open 25 Butterfly
10	Mixed Open 25 Back
11	Mixed Open 200 Butterfly
12	Mixed Open 100 Breast
13	Mixed Open 50 Back
14	Mixed Open 200 Back
15	Mixed Open 100 IM
16	Mixed Open 50 Butterfly
17	Mixed Open 200 Breast
18	Mixed Open 100 Freestyle
19	Mixed Open 400 IM*
20	Mixed Open 500 Freestyle*
21	Mixed Open 1000 Free*

*Events may be removed based on the timeline of the meet. Consult your coach with questions.