

AAA LONG COURSE INVITATIONAL

A/B/C SPLIT FORMAT

May 5-7, 2023

Held under the sanction of USA Swimming

SANCTION NOs: 23-038

In granting this approval, it is understood and agreed that USA Swimming, Oregon Swimming, and Albany Aquatic Association shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MEET REFEREE: Jacki Allender, jacki.allender@gmail.com

Entry into this meet implies your team will provide officials. Please send their names and the sessions they will be attending to the Meet Referee.

ADMIN OFFICIAL: Pat Allender

MEET DIRECTOR: Jennifer Milburn
541-231-7247
meetdirector@albanyaquaticassoc.com

SPONSORED BY: Albany Aquatics Association

LOCATION: Please **DO NOT** mail entries or fees to this address
2150 36th Ave SE, Albany, OR 97322
Contact: 541-231-7247 (meet director)

Directions: North or South Bound I-5 to exit 233 onto Hwy 20 (Santiam Hwy). Travel west on Hwy 20 to Waverly Drive. Turn left on Waverly Drive to 36th Ave. Turn right on 36th Ave. Pool is on the left, just past the stadium.

FACILITY: Indoor 3 ½ - 12- foot depth with blocks at the deep end, six 7- foot lanes, 50- meter pool with non-turbulent lane lines. There is a Daktronics electronic timing system, with strobe/horn start and scoreboard. Meet Manager Software with IBM computer will be utilized. Parking is adjacent. Concession stand will serve breakfast, lunch, and snacks. Dry camping (no hook-ups) is available in the outermost parking spots of the pool parking lot if prearranged with the meet director, and as available (no guarantee). Due to MAAPP 2.0, facility showers are only available to athletes entered in the meet. Facility is accessible to adaptive swimmers. The competition course has not been certified in accordance with 104.2.2C(4).

SCHEDULE

DATE	WARM-UPS	TIMED FINALS
Friday, May 5	4:00pm	5:00pm
Saturday, May 6	7:00am* (10 & U, 15 & O)	9:00am
	Approximately 30 minutes after last race of morning session (11-14/Open)	Approximately 120 minutes after last race of morning session
Sunday, May 7	7:00am* (10 & U, 15 & O)	9:00am
	Approximately 30 minutes after last race of morning session (11-14/Open)	Approximately 120 minutes after last race of morning session

***Sat/Sun Warm-ups will likely be split into two groups. Please watch for email from meet director the week prior for specific team warm-up assignments.**

RULES/SAFETY:

Current USA Swimming, Inc. and Oregon Swimming, Inc. rules will govern this meet, including MAAPP 2.0. Current USA Swimming and Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced.

ELIGIBILITY:

This meet is an invitational; all swimmers must be associated with an invited team. All swimmers must be currently registered with USA Swimming. The swimmers' age group is determined by their age the first day of the meet. **NO DECK REGISTRATION** will be permitted. **All registration and APT issues must be resolved prior to the start of the meet.**

ENTRIES:

We expect this meet to fill. We reserve the right to accept entries not only based on when they are received, but also on how many officials your team can provide. ENTRY FEES must be received with entry file to secure entries.

*Entries will be accepted beginning Wednesday, April 19, 2023 at 8:00 a.m.

Early entry files **WILL NOT** be accepted. (Please note: Teams who attended the 2021 AAA Turkey Dive meet will be granted 24 hour early entry).

ENTRY DEADLINE: 1:00 P.M. Monday, April 24th, 2023 (or once the 4 hour limit is reached).

*Swimmer's may enter one event on Friday and up to 3 individual events and 1 relay per day on Saturday and Sunday.

Submit **LONG COURSE METER** times for seeding. This is a computerized meet.

* Boys & Girls events will be raced together, but placed separately.

*Please submit entries on Hytek software via email or disk. (Hytek offers a free download for meet entries.)

***With submission of entries, the coach/team representative attests 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.

***Teams please note – Sat/Sun sessions are subject to the 4 hour rule. Entries will be accepted on a first come, first served basis. When our timeline is four hours long, we will no longer accept entries. Please send entries promptly and include payment and list of officials to assure participation in our meet.**

ENTRY FEES:

- ◆ Entry fees must be received with entries and paid in full prior to meet participation
- ◆ One check per team please
- ◆ Make checks payable to Albany Aquatics Association
- ◆ \$3.00 OSI per swimmer surcharge
- ◆ \$16.00 per swimmer facility surcharge
- ◆ \$4.00 individual event charge
- ◆ \$12.00 Relay fee.

ENTRY ADDRESS:

meetdirector@albanyaquaticassoc.com

Phone: (541) 231-7247

Mailing address (please use this address to mail entry fees)

1645 9th Ave SE #199

Albany OR 97322

- AWARDS:** Individual events will receive ribbons for 1st through 6th place in each of these age groups: 8&U, 9-10, 11-12, 13-14, 15 & Over
Relays will receive ribbons for 1st through 6th place in each division (10&U, 11-14, and 15&O)
- MEETINGS:** COACHES: Meeting 15 minutes prior to start of meet.
OFFICIALS: Meeting 45 minutes prior to start of meet.
- ◆◆ Meetings will be held in the pool office or at hospitality outside the west (deep) end of the pool at the Referee's discretion.
- BULL PEN:** We will not offer a Bull Pen for this event.
- 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.
- HOSPITALITY:** Breakfast, lunch, and snacks will be provided for the deck officials and coaches.
- MAAPP STATEMENT:** 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 2.0 ("MAAPP"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.
- RESTRICTIONS:** NO TOBACCO PRODUCTS OF ANY KIND OR ALCOHOLIC BEVERAGES ARE ALLOWED ON SCHOOL PROPERTY.
- NO GLASS CONTAINERS are allowed on deck, bleachers, or in locker rooms.
 - No shaving allowed at the pool venue.
 - Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
 - **Deck changing is prohibited. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.**
 - 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.
 - **Photography is not allowed behind the blocks during the start of a race or relay exchange.**
- DECK SEEDS:** The 800 Free and 1500 Free will be seeded fastest to slowest. Events #2-4 of the Friday evening session, events 26, 48, and ALL RELAYS will be DECK SEEDED with positive check-in required. The deadline for check-in will be 15 minutes after warm-ups have started for all sessions, all days. **If you know prior to Friday night's events that a swimmer is going to scratch, please contact us in advance. Failure to show for a deck seeded event will result in a penalty. The swimmer will be disqualified from their next individual event, no matter which day.**
- RELAYS:** Positive check in is *required* for *all relays* (morning & afternoon). If names are sent in with the relays, please submit a relay slip with team name, event #, and SAME across it. Relay slips will be made available and need to be turned in 15 minutes after warm-ups begin, each session, all days.

TIMERS:

Each team will be expected to supply timers for the duration of the meet. The timing assignments will be determined according to the number of swimmers teams bring to the meet. **Swimmers in the 800 & 1500 freestyle must provide their own timers.**

MEDICAL SUPERVISION/**EMERGENCY PLAN:**

One certified lifeguard per 40 swimmers (in the pool) will staff this meet (there will be a minimum of two guards at all times). The Meet Director will also serve as the safety coordinator. If an athlete has a health occurrence, a lifeguard will be asked to attend and assess the athlete and contact 911 if emergency medical treatment and transport is deemed necessary. The meet director and Meet Referee will be kept informed as to the identity of the athlete and the details of the occurrence.

COVID – 19

We have taken enhanced health and safety measures for the protection of all visitors to the Albany Community Pool. 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., Oregon Swimming, Inc., and Albany Aquatic Association in conjunction with Albany Community Pool 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.

Swimmers in the 800 & 1500 Free must provide two timers and a lap counter

Friday Afternoon

	Mixed	Event
1	12 & Under	200 Free
2	11 & Over	400 Free**
3	11 & Over	800 Free**
4	13 & Over	1500 Free**

Saturday Morning

	Mixed (unless otherwise noted)	Event
5	Open	200 IM
6	10 & Under Girls	200 Medley Relay**
7	10 & Under Boys	200 Medley Relay**
8	15 & Over Girls	400 Medley Relay**
9	15 & Over Boys	400 Medley Relay**
10	Open	50 Breast
11	15 & Over	100 Breast
12	10 & Under	100 Fly
13	15 & Over	200 Fly
14	Open	50 Back
15	15 & Over	200 Back
16	10 & Under	100 Free
17	15 & Over	100 Free

Saturday Afternoon

	Mixed (unless otherwise noted)	Event
18	11-14	200IM
19	11-14	50 Fly
20	11-14	200 Fly
21	11-14 Girls	400 Medley Relay**
22	11-14 Boys	400 Medley Relay**
23	11-14	50 Free
24	11-14	100 Back
25	11-14	100 Breast
26	Open	400 Free**

Sunday Morning

	Mixed (unless otherwise noted)	Event
27	10 & Under Girls	200 Free Relay**
28	10 & Under Boys	200 Free Relay**
29	15 & Over Girls	400 Free Relay**
30	15 & Over Boys	400 Free Relay**
31	10 & Under	100 Back
32	15 & Over	100 Back
33	10 & Under	100 Breast
34	15 & Over	200 Breast
35	Open	50 Fly
36	15 & Over	100 Fly
37	Open	50 Free
38	15 & Over	200 Free

Sunday Afternoon

	Mixed (unless otherwise noted)	Event
39	11-14	50 Back
40	11-14	200 Back
41	11-14 Girls	400 Free Relay**
42	11-14 Boys	400 Free Relay**
43	11-14	200 Free
44	11-14	100 Fly
45	11-14	50 Breast
46	11-14	200 Breast
47	11-14	100 Free
48	Open	400 IM**

**** Positive check-in required to swim. NS Penalty in effect for individual events.**