

2023 CGAL April Showers

A/B/C Age Group and Senior

April 29, 2023

Held under the sanction of USA Swimming

Sanction No. 23-048

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. In applying for this sanctioned meet, Cottage Grove Aqua Lions agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Oregon Swimming Inc., the State Oregon, and South Lane School District.

Host: Cottage Grove Swim Club

Location: Warren H. Daugherty Aquatic Center
1440 S. 8th Street
Cottage Grove, OR 97424
541-942-5533

Meet Referee: Aimee Hoefs aimee13346@hotmail.com

Admin Official: Mike Reed reed854fin@gmail.com

Meet Director: Allee Reed
Allee & Rhonda Reed 541-915-0716, 541-520-3259

cgalmeetdirector@gmail.com

Eligibility: Swimmers must be currently registered with USA Swimming. NO ON DECK REGISTRATION SHALL BE PERMITTED. Swimming must be within the listed age brackets as of April 29, 2023

Entry Deadline: Entries must be received by 5:00 pm, Wednesday, April 14 2023

Entry limit: Swimmers may enter a maximum of three individual events per day. A maximum of 275 Swimmers will be accepted, maximum capacity for the venue 400 and will strictly be enforced.

Entry Fees: \$3.00 Oregon Swimming surcharge per swimmer
\$5.50 individual event fee
\$10.00 Facility surcharge per swimmer
Entry fees must accompany master entry form. Make checks payable to:
Cottage Grove Aqualions

Entries Address: Rhonda Reed cgalmeetdirector@gmail.com

Tech Suits: No technical suit may be worn by any 12 & Under USA Swimming athlete member in competition at Sanctioned, Approved or Observed meet.

Entries: 1. Submit YARD TIMES only for seeding.

2. Submit entries on Hy-tek Meet Management or Team Unify format via email to Entry Address. Please attach DOC or PDF of Hy-tek entries.
3. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA swimming.
4. 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.

No Coach Present: For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmer's responsibility to arrange for a certified coach to be responsible for the swimmer. This must be done BEFORE the swimmer may enter the water for warm-ups or competition. Please see the Meet Director or the Meet Referee if assistance is needed, upon arrival at the meet.

Facility:

1. Indoor, 25 yards, 8 lanes, 7 feet per lane.
2. Starting blocks at the deep end of the pool only (12 .6 ft). Shallow end is 3.6 feet.
3. Indoor, 15 yards, 2 lanes (3 ft to 5 ft) deep warmup/ cool down.
4. Automatic timing system, with touch pads and backup buttons.
5. 8 lane Daktronics scoreboard.
6. Spectator seating on deck.
7. Parking available, Additional parking available on the street and at Harrison Elementary School.
8. Swim venue includes: Men's and women's locker rooms with access onto the pool deck and is only available to swimmers. Open pool deck areas available.
9. Facility is accessible to adaptive swimmers.
10. The competition course has not been certified in accordance with 104.2.2C4.

Rules & Safety:

1. Current USA swimming and Oregon Swimming Inc., rules will govern this meet.
2. Current Oregon Swimming Safely Guidelines and Warm-up Procedures will be in effect and strictly enforced by deck marshal's, coaches & officials.
3. 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.
4. Locker rooms are for Athletes ONLY and will be strictly enforced.
5. All Applicable Adults under USA Swimming's MAAPP will have marked bathrooms/changing rooms.

Medical: The Facility will provide medical supervision to athletes in the form of lifeguards, Oxygen and an AED.

- Restrictions: 1. TOBACCO PRODUCTS OF ANY KIND, INCLUDING AND NOT LIMITED TO E CIGARETTES OR VAPE PENS. ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE.
2. Shaving is NOT allowed in the venue.
3. Pets, other than service animals are NOT allowed in the venue.
4. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
5. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
6. Photography is not allowed behind the blocks, during the start of a race or relay exchange.
7. Operation of a drone or any other flying apparatus is prohibited over the venue (pool, athlete/coaches' areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Awards: No awards.
- Heat Sheets: Will be sent to the coaches to send out to families.
- Meeting: Coaches' meeting will be held 15 minutes prior to the start of the meet. Official's meeting will be held 45 minutes prior to the start of the meet.
- Officials: We always appreciate the help of certified Officials from other clubs; if you will be attending this meet, please notify the meet referee. An official's hospitality space will be provided.
- Timers: Lane timing is the responsibility of all guest teams, and we rely on volunteer lane timers to keep the meet running smoothly without delay and to ensure all swimmer times are recorded. Timers timing at this meet understand and acknowledge the current USA Swimming Rules including the Minor Athlete Abuse Prevention Policy (MAAPP) Please share this link with your Families.
https://www.teamunify.com/wzorlsc/_doc_/usaswimmingmaapp.pdf
- Times: Saturday
Warm-ups:10am-10:50 Am
Timed Finals: 11:00 Am

USA Swimming coaching credential must be current and verified at the start of the meet.

COVID-19 Health and safety measures are in effect for the protection of all visitors to the Warren H. Daugherty Aquatic Center. 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 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.

- Event 1 13& over 500 Free
- Event 2 8&under 25 Fly
- Event 3 12&under 50 Fly
- Event 4 Open 100 Free
- Event 5 11&over 200 Fly
- Event 6 8&under 25 Back
- Event 7 12&under 50 Breaststroke
- Event 8 9&over 100 Breaststroke
- Event 9 11&over 200 back
- Event 10 8&under 25 Breaststroke
- Event 11 12&under 50 Back
- Event 12 9&over 100 Back
- Event 13 11&over 200 Breaststroke
- Event 14 8&under 25 Free
- Event 15 Open 50 Free
- Event 16 9&over 100 Fly
- Event 17 12&under 100 IM
- Event 18 9&over 200 IM
- Event 19 9&Over 200 Free