

**2023 Bend Last Chance**  
**Feb, 12, 2023**  
**Held under the Approval of**  
**Oregon swimming and Bend Swim Club**

In granting this approval, 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.

**APPROVAL:** **23-022**  
**HOST TEAM:** Bend Swim Club  
**LOCATION:** Juniper Pool  
800 NE 6<sup>th</sup> St  
Bend, OR 97701

**MEET REFEREE:** Dan Rawding [drfishes@gmail.com](mailto:drfishes@gmail.com)

**MEET DIRECTOR:** Heather Thomas [Heather.thomas@bendswimclub.com](mailto:Heather.thomas@bendswimclub.com)

**ADMIN. OFFICIAL:** Lynnette Konop. [lynnettekonop@gmail.com](mailto:lynnettekonop@gmail.com)

**ELIGIBILITY:** Swimmers must be currently registered with USA Swimming or affiliated with a collegiate level program. NO on-deck USA SWIM REGISTRATION SHALL BE PERMITTED. Swimmers must be within the listed age brackets as of February 12, 2023. Only swimmers of invited teams are eligible.

**ENTRY ADDRESS:**  
**C/O Bend Swim Club**  
**800 NE 6<sup>th</sup> St**  
**Bend, OR 97701**  
\*\*\*PLEASE Mail Checks to Pool address\*\*\*

**ENTRY DEADLINE:** Entries MUST BE RECEIVED by Midnight on Wednesday , February 1, 2023.

**ENTRY LIMITS:** Swimmers may enter a maximum 3 individual events and 2 relays. We will adhere to the Four-Hour Rule for 12 & Under Events.

**ENTRY FEES:** \$12.00 Facility Surcharge per swimmer  
\$3.00 Oregon Swimming, Inc. surcharge per swimmer  
\$6.50 per Individual event, \$15.00 per relay

**Make checks payable to Bend Swim Club**  
**Hand deliver at meet or mail to:** Bend Swim Club  
Juniper Pool  
800 NE 6<sup>th</sup> St  
Bend, OR 97701

**ENTRIES:** 1) Submit **Short Course Yard TIMES** only for seeding. NT's are acceptable  
2) Submit entries by email using HYTEK meet management software. Please include a PRINTOUT of your entries, listed by Athlete. Be sure the printout matches the entry file.  
3) 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.

**TIMES:** Sunday: Warm-Ups 10am Starts 11am  
45 minutes of general warmup. During general warmup procedures, teams may open their own lane for diving at their own discretion. Coach must be present at all times during diving practice.

**CHECK-IN:** Current credentials will be required. Please show coaching credentials to AO prior to start of meet.

**SCRATCHES:** There is No Penalty for a swimmer's no show. Any Scratched athletes given to Meet director prior to entry deadline will not be charged. Scratches after the entry deadline are at the discretion of the meet director.

**MEETINGS:** OFFICIALS: Held 45 minutes before the start of each session.  
COACHES: Held 10 minutes before the start of each session.

**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 area will be provided.

**TIMERS:** Each team will be given lane-timing assignments. Sign-up sheets will be emailed to each team to fill lanes BEFORE the first day of the meet.

**BULLPEN:** **NONE** – All swimmers report directly to their lanes.

- RULES:** Current USA Swimming and Oregon Swimming Inc., rules will govern this meet.  
“All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions 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 SUIT:** NO technical suit may be worn any 12& under USA swimming athlete member in competition at any sanctioned, approved or observed competition.
- SAFETY:** Current Oregon Swimming Safety Guidelines and Warm-up procedures will be in effect and strictly enforced.  
No swimmer will be permitted to compete unless the swimmer is a member as provided in article 302.
- FACILITY:** The competition course has not been certified in accordance with 104.2.2C(4). Outdoor 25-yard pool with 8 competition lanes with non-turbulent lane lines. The competition end of the pool is 7 feet deep at the start and at the bulkhead. The warm-up end of the pool is a depth of 4 feet to 7 feet.8 warmup lanes available throughout meet. Automatic timing systems with touch pads and backup buttons. Swim venue includes Men’s & Women’s locker rooms with access onto pool deck. Facility is accessible to adaptive swimmers.
- CAMPING:** NO Overnight RV camping in the pool parking lots or parking lots adjacent to the pool. No parking or overnight camping will be allowed at Juniper facility. Tent camping is NOT allowed at or near the venue. There is pop up tent available spots on site that must be removed daily. Pop ups are not allowed to remain outside the pool facilities after the conclusion of the meet daily.
- MEDICAL:** lifeguards with access to AED, first aid and medical supplies will be available for any injury or medical emergencies that may arise. Any athlete or spectator with a medical need will have access to all medical personnel on hand.
- RESTRICTIONS:** NO ANIMALS ALLOWED INSIDE THE VENUE. TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES, AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. SHAVING IS NOT ALLOWED IN THE VENUE. USE OF AUDIO/VIDEO RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS. EXCEPT WHERE VENUE FACILITIES REQUIRE OTHERWISE, CHANGING INTO OR OUT OF SWIMSUITS OTHER THAN IN THE LOCKER ROOM OR OTHER DESIGNATED AREAS IS PROHIBITED. PHOTOGRAPHY IS NOT PERMITTED BEHIND THE BLOCKS DURING STARTS AND RELAY EXCHANGES. OPERATIONS 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.

COVID-19:

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, OREGON SWIMMING INC, CITY OF BEND PARKS AND RECREATION DISTRICT, JUNIPER POOL, BEND SWIM CLUB, 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. Local Covid Protocols: Currently there are no requirements related to covid 19 for this facility. We ask that individual's distance and mask at their own comfort level and that those decisions are respected by all in attendance.

## **Bend Last Chance**

*Sunday 2/12*

Warmups -10am

Meet Start- 11am

### **Event**

- 1- Open 400IM
- 2- Open 200 medley relay
- 3- Open 200 fr
- 4- 12U 100IM
- 5- Open 50fr
- 6- Open 200 IM
- 7- 8U 25 free
- 8- Open 100fr
- 9- Open 200br
- 10-Open 100 back
- 11-12U 50back
- 12-8U 25 breast
- 13-Open 200 back
- 14-Open 100fly
- 15-12U 50breast
- 16-8U 25 back
- 17-Open 200 fly
- 18-Open 100 breast
- 19-8U 25 fly
- 20-12U 50 fly
- 21-Open 200 free relay
- 22-Open 500fr