



## 2023 SUN COUNTRY OPEN

JUNE 23-25, 2023

ALL AGES

*Held Under the Sanction of U.S.A. Swimming, Inc. Article 202.4*

*Held Under the Sanction of Oregon Swimming, Inc.*

- Sanction No:** # 23-062  
In granting this sanction, it is understood and agreed that USA Swimming, Oregon Swimming and Bend Swim Club 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.
- Host:** Bend Swim Club
- Location:** Juniper Swim & Fitness Center  
Outdoor Pool 800 NE 6th Street  
Bend, OR 97701  
(541)389-7665
- Meet Referee:** Lynnette Konop [lynnettekonop@gmail.com](mailto:lynnettekonop@gmail.com)
- Admin Official:** Judus Floratos [judus.floratos@gmail.com](mailto:judus.floratos@gmail.com)
- Meet Director:** Heather Thomas [Heather.thomas@bendswimclub.com](mailto:Heather.thomas@bendswimclub.com)
- Eligibility:** Swimmers must be currently registered with USA Swimming. NO ON DECK REGISTRATION SHALL BE PERMITTED. Swimmers must be the listed age as of June 23, 2023.  
  
Open to all ages who meet the qualifying standard.
- Entries:**
1. Please submit Hy-Tek entries with Long Course Meter (LCM) entry times to Heather Thomas at [Heather.thomas@bendswimclub.com](mailto:Heather.thomas@bendswimclub.com) .
  2. All swimmers must meet the qualifying times listed. **No times (NT) will not be accepted.**
  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.
- Entries Due:** Entries open at noon, Thursday June 1, 2023. Entries will be accepted until noon, Wednesday, June 14, 2023, or until maximum entry numbers are met. Late entries will not be accepted.
- Entry Fees:** \$18 surcharge per swimmer (\$3.00 OSI plus \$15.00 facility charge).  
\$6.50 individual event fee, \$15.00 relay fee.  
Please send a check to the pool address or bring to meet.
- Entry Limit:** Swimmers may enter a maximum of three individual events and one relay per

day. All sessions will be deck-seeded and coaches' check-in sheets will be due 15 minutes after the start of warmup session. 800 free will be offered only depending on timeline and may be limited to max 16 swimmers.

- Awards:** Award for overall top three high points for women and men. No individual event awards.
- Scoring:** Individual: 10-8-6-5-4-3-2-1  
Relay: 20-16-12-10-8-6-4-2
- No Coach Present:** For unattached swimmers, or swimmers whose coach is not attending the meet, it is the swimmers responsibility to arrange for a certified coach to be responsible for the swimmer and notify the meet referee. This must be done BEFORE the swimmer may enter the water for warmups or competition. Please see the meet referee if assistance is needed upon arrival at the meet.
- Deck Access:** Coaches and officials must display appropriate 2023 USA Swimming membership cards at all times while on deck. Spectators are restricted to designated areas.
- Rules / Safety:** Current USA Swimming and Oregon Swimming Inc., rules govern the meet.  
  
USA Swimming Minor Athlete Abuse Prevention Policy: 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. Locker Rooms: The facility locker rooms are for registered athletes only. Restrooms for coaches, officials, parents and spectators are located off the main entrance.
- 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.
- Facility:** The competition course has not been certified in accordance with 104.2.2(c)4. Outdoor 50-meter pool, 8 lanes, 7 1/2 feet per lane. Starting blocks at the deep end of the pool and has depth of 8 feet, shallow end is 4ft at 3ft out from blocks. Warmup and warm down will be run in lane 8 of the competition pool (*entry and exit from the turn end only*), except during the 400IMs & 800 free, which will be swum in all eight lanes. Automatic timing system with touchpads and backup buttons. The swim venue includes mens and womens locker rooms with access through an indoor pool. Facility is accessible to adaptive swimmers and spectators. Service animals are allowed on deck with proof of certification; otherwise there are no animals allowed on pool deck or in the facility. Parking will be in the north parking lot. No RV parking or overnight RV or tent camping will be allowed for this meet. Please do not leave shade tents overnight in the park. Covid 19 restrictions and other facility guidelines subject to change as directed by local/state authorities, facility management and/or the meet referee and meet director.  
***Any person who refuses to comply with any of the above will be asked to leave the facility immediately.***
- Medical Service:** Lifeguards with access to AED, first aid and medical supplies will be available for any injury or medical emergency. Any athlete or spectators with a medical need will have access to all medical personnel on hand.

**Restrictions:** Tobacco products of any kind, alcoholic beverages and glass containers are prohibited in the swimming venue. The following areas are off-limits to swimmers and spectators: warm-water pool, hot tub, sauna or any other area posted as restricted. No shaving permitted on the premises. Deck changing is prohibited.

**Recording Devices & Media Notice:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or lockers rooms. Photography/video is prohibited behind the starting blocks. No flash photography allowed except by the express permission of the Meet Referee. No video or other photography in or over the water, such as with a GoPro-type device. 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) any time athletes, coaches, officials and/or spectators are present. This meet may be covered by the media, including photographs, video, webcasting, social media and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

**Officials:** We always appreciate the help of certified officials from other clubs. If you will be attending this meet and are available to officiate, please complete [this availability form](#). If you are a trainee, please also e-mail a copy if your training log to [lynettekonop@gmail.com](mailto:lynettekonop@gmail.com).

Uniform is white shirt, black pants/shorts/skirts/socks/shoes and any weather-related items to be comfortable. Black pants/skirts for finals.

Officials meeting 45 minutes before the start of each session.

**Hospitality:** Hospitality will be provided to all coaches and officials.

**Timeline and Event Order:** THERE WILL BE AN "A" FINAL & "B" FINAL IN EACH INDIVIDUAL EVENT ON SATURDAY, WITH THE "B" FINAL PRECEDING THE "A" FINAL. Alternates will only be used during B final.

WE WILL BE USING 7 LANES IN BOTH PRELIMS AND FINALS WITH LANE 8 OPEN FOR CONTINUOUS WARM UP AND WARM DOWN. REFEREE MAY ADD BREAKS, ADJUST LANES AND MIX EVENTS BASED ON ENTRIES AND TIMELINE.

Women	Qualifying time LCM	Session 1 / Friday PM Timed Finals Warmup 4 PM Start 5 PM	Qualifying time LCM	Men
1	3:35.49	200 IM	3:33.39	2
3	38.99	50 Free	39.99	4
5	11:45.29	**800 Free	11:42.09	6

\*\*\*800 Free entries may be limited based on timeline. 800's Heats may be combined gender to reduce the timeline. Swimmers must provide timers/counters for 800s.

<b>Women</b>		<b>Session 2 / Sat AM Prelims Warmup 7:00 AM Start 8:00 AM</b>		<b>Men</b>
11	5:43.49	400 Free	5:35.19	12
13	3:10.49	200 Back	3:10.29	14
15	1:55.19	100 Breast	1:57.39	16
17	1:23.09	100 Free	1:26.79	18
19	1:46.29	100 Fly	1:49.09	20
21		**200 open free relay**		22
<b>** Visiting teams limited to 2 relays per team only. Host team will add enough to fill the heat.</b>				
<b>Women</b>		<b>Session 3 / Saturday PM Finals Warmup 4:00 PM Start 5:00 PM</b>		<b>Men</b>
11	2 heats	400 Free Finals	2 heats	12
13	2 heats	200 Back Finals	2 heats	14
15	2 heats	100 Breast Finals	2 heats	16
17	2 heats	100 Free Finals	2 heats	18
19	2 heats	100 Fly Finals	2 heats	20
23		**200 open medley relay**		24
		<b>Session 4 / Sunday AM Timed Finals Warmup 7:00 AM Start 8:00 AM</b>		
25	6:43.39	400 IM	6:33.09	26
27	1:40.29	100 Back	1:43.19	28
29	3:36.29	200 Breast	3:36.69	30
31	3:35.49	200 Fly	3:33.39	32
33	3:11.29	200 Free	3:11.09	34