(A/B/C Age Group) August 4-6, 2023

HELD UNDER THE SANCTION OF USA SWIMMING

SANCTION NO. **TBD**

> 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 sanction, the Gold Coast Swim Team agrees to comply and to enforce all health and safety

mandates and guidelines of USA, Oregon, the State of Oregon, and the City of Coos Bay.

HOST TEAM: GOLD COAST SWIM TEAM

LOCATION: Mingus Park Pool

725 N. 10th St.

Coos Bay, OR 97420 541-267-1360

Fran Hart 541-746-2953 hartfran@hotmail.com MEET REFEREE:

MEET DIRECTOR: Carrie Fields 541-217-4281 goldcoastswimteam@gmail.com

Norm Hart 541-746-2953 normanhart@msn.com ADMIN. OFFICIAL:

ELIGIBILITY: Swimmers must be currently registered with USA swimming (Article 302).

> NO ON DECK REGISTRATION SHALL BE PERMITTED. Refunds will not be given for scratches. Swimmer age group will be determined by the

swimmer's age as of August 4, 2023.

Carrie Fields- Meet Entries **ENTRY ADDRESS:**

P.O. Box 1103

Coos Bay, Oregon 97420

Email - goldcoastswimteam@gmail.com

ENTRY LIMIT: Each swimmer may enter a maximum of three individual events on

> Saturday and Sunday. There is no limit to how many relays a swimmer may enter during the meet. We will continue to adhere to the 4-hour

rule during the meet as well.

ENTRIES MUST BE RECEIVED OR POSTMARKED NO LATER THAN ENTRY DEADLINE:

MIDNIGHT, July 24, 2023.

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ENTRY FEES: \$3.00 per swimmer surcharge

\$5.00 per individual event \$12.00 per relay event

\$15.00 Facility charge per swimmer.

Make one check per team payable to Gold Coast Swim Team.

Check must be sent with master Entry form.

ENTRIES: 1) Submit YARD TIMES only for seeding No Times are acceptable.

2) Submit entries by email using HYTEK meet management software. Please include a PRINTOUT of your entries listed by athlete. Please be

sure that the printout matches your 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 of the swimmer's

legal guardian to ensure compliance with this requirement.

* With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA swimming.

SEEDING: Seeding will be done according to USA Swimming rules. All events will be

seeded according to the time entered on the Master Entry form. Enter **YARD TIMES** only. All events will be timed finals- no preliminary heats.

STARTING &

WARM-UP TIMES: Friday August 4th Warm-ups 12:00pm Timed finals 2:00pm

Saturday, August 5th Warm-ups 8:30am Timed finals 10:00am Sunday, August 6th Warm-ups 7:30am Timed finals 9:00am

CHECK IN: Coach packets will be available from the clerk of course.

Current credentials will be required. Entry fees **MUST** be paid prior to

the packet being released.

MEETINGS: Officials Meeting: Held 45 minutes prior to the start of the session.

Coaches Meeting: Held 15 minutes prior to the start of the session.

OFFICIALS: Each team is strongly encouraged to furnish officials. A list of officials

(timers, starters, stroke & turn judges, etc.) planning to attend along with your Master Entry Form would be appreciated. A schedule will be made up to avoid anyone having to work longer than necessary. Your help will be greatly appreciated. The uniform for officials will be white over black

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OFFICIALS: and black shoes and socks. Officials and coaches shall display USA

Swimming credentials with current certification when on deck. We

encourage each official to also bring their favorite Hawaiian shirt to wear

on deck.

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. If there are not enough timers available during this meet, swimmer's times may not be protected. Six additional timers will be needed for each 8 &

under 25-yard event.

AWARDS: Individual: Ribbons will be awarded for 1st-12th place. Relays: Ribbons will

be awarded for 1st – 6th place. Heat winners will receive a Hawaiian Lei.

SCORING: Individual: 16,13,12,11,10,9,7,5,4,3,2,1 point. Event placing will be

broken out by age group. (8 & under, 9-10-, 11-12, 13-14, 15 & Over)

Relays: 14,10,8,6,4 and 2 for places $1^{st} - 6^{th}$.

BULL PEN: A bullpen will be provided for all 8 & Under swimmers, on Saturday and

Sunday for individual events only. All other swimmers shall report

directly to their assigned lanes.

TECH SUITS: No Technical Suit may be worn by 12 & Under by a USA Swimming

athlete member in a competition at any sanction, approved or observed

meet.

SAFETY: Oregon Swimming Safety Guidelines and Warm-up Procedures will be in

effect and enforced.

Gold coast Swim Team, The Mingus Park Pool Management and the City of Coos Bay are not responsible for accidents or losses occurring during

this meet.

Compliance with all USA Swimming, Oregon Swimming, State of Oregon,

and city of Coos bay Covid-19 safety measures.

MEDICAL: Medical facilities available include lifeguards, an AED and community 911

EMS.

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MAAP:

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.

FACILITY:

Outdoor heated pool, 25 yards, 6 lanes, deep end starts. Electronic timing with touch pad finish. Pool depth at the start end is 5'0" and 3'6" at turn end. The competition course has not been certified in accordance with 104.2.2c (4). There is no separate warm-up cool-down pool. Concessions will be available throughout the meet.

LODGING:

GCST and the City of Coos Bay, in conjunction with Mingus Park will also allow tent camping in the park this year*. The bath house will be open 5:00am to midnight. More lodging information can be found at our Chamber of Commerce website http://www.orgegonsbayareachamber.com, or by calling them at (541)-269-0215

CAMPING:

THERE WILL BE NO RV PARKING ANYWHERE IN THE POOL PARKING LOT OR THE LOWER STAGE AREA. Rv's and campers will need to use the softball field parking lot located southeast of the pool. There are restrooms and a pathway that connects to the park for easy access to the pool house (within a block). *Campers who will be camping on site the park may not set up any time prior to 5pm on Thursday 8/3/2023.

RESTRICTIONS:

NO ANIMALS ALLOWED INSDIE THE VENUE. TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES AND GLASS CONTAINTERS OF ANY KIND ARE NOT ALLOWED IN THE SWIMMING VENUE. SHAVING IS NOT ALLOWED IN THE VENUE. USE OF CHANGING AREAS, RESTROOMS OR LOCKER ROOMS. EXCEPT WHERE VENUE FACILITIES REQUIRE OTHER WISE, CHANGING INTO OR OUT OF SWIMSUITS OTHER THAN IN THE LOCKER ROOM OR OTHER DESIGNATED ARES 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/COACES AREAS, SPECTATORS AREAS AND OPEN-CEILING LOCKER ROOM) ANY TIME ATHLETES, COACHES, OFFICIALS AND OR SPECTATORS ARE PRESENT.

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SPECIAL EVENTS: SATURDAY:

Directly following the meet on Saturday, we will run some un-sanctioned swimming event;

- 1. Crazy Hat Kickboard Relays-open/mixed, 4 person, 100y relay.
- 2. 4 person, mixed parent/coach, t-shirt relays

SUNDAY:

Raffle drawings- all raffle drawing winners will be announced prior to the conclusion of the meet.

Please join us in our traditional theme "Hawaiian Style!" We look forward to see you!

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FRIDAY 8/4/2023 WARM-UPS 12:00 PM AND TIMED FINALS 2:00PM

- 1. MIXED 12 & UNDER 100 IM
- 2. MIXED 13 & OVER 100 IM
- MIXED 12 & UNDER 50 BACKSTROKE
- 4. MIXED 9 & OVER 200 FREESTYLE
- 5. MIXED 11 & OVER 1650 FREESTYLE

SATURDAY 8/5/2023 WARUM-UPS 8:30AM AND TIMED FINALS 10:00AM

- 6. MIXED OPEN 100 FREESTYLE
- 7. MIXED 12 & UNDER 50 BUTTERFLY
- 8. MIXED 8 & UNDER 25 BUTTERFLY
- 9. MIXED 9-12 100 BUTTERFLY
- 10. MIXED 13 & OVER 100 BUTTERFLY
- 11. MIXED 12 & UNDER 50 BREASTSTROKE
- 12. MIXED 8 & UNDER 25 BACKSTROKE
- 13.8 & UNDER 100 FREESTYLE RELAY
- 14. MIXED 13 & OVER 200 FREESTYLE RELAY
- 15. MIXED 12 & UNDER 200 FREESTYLE RELAY
- 16. MIXED 13 & OVER 500 FREESTYLE

After the completion of sanctioned events, please join us for the Crazy Hat Kickboard and the Parent/Coaches relay.

SUNDAY 8/6/2023 WARM-UPS 7:30AM AND TIMED FINALS 9:00AM

- 17. MIXED 8 & UNDER 25 FREESTYLE
- 18. MIXED OPEN 50 FREESTYLE
- 19. MIXED 11 & OVER 200 BUTTERFLY
- 20. MIXED 9-12 100 BACKSTROKE
- 21. MIXED 13 & OVER 100 BACKSTROKE
- 22. MIXED 8 & UNDER 25 BREASTROKE
- 23. MIXED 9-12 100 BREASTROKE
- 24. MIXED 13 & OVER 100 BREASTROKE
- 25. MIXED 9-12 200 IM
- 26. MIXED 13 & OVER 200 IM
- 27. MIXED 8 & UNDER 100 MEDLEY RELAY
- 28. MIXED 12 & UNDER 200 MEDLEY RELAY
- 29. MIXED 13 & OVER 200 MEDLEY RELAY