

CRST Big Wave Decathlon

May 27-28, 2023

Held under the sanction of USA Swimming

Sanction # 23-040

It is understood and agreed that USA Swimming, and CRST 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.

Referee: Evangeline Swift 6swifts@comcast.net

Administrative Official: Judus Floratos Judus.floratos@gmail.com

Meet Director: Doug Lombard dougl@lincsales.com

Location: Mt. Hood Community College Aquatic Center
26000 SE Stark St
Gresham, OR 97030

Eligibility: Swimmers must be currently registered with USA Swimming and OSI Swimming. Swimmers age on the first day of meet applies. Entries times should be in the OSI data base. NO ON DECK REGISTRATION SHALL BE PERMITTED. Clubs entering swimmers who are not registered are subject to a fine per USA Swimming Rules and Regulations.

Entry Deadline: Entries must be received by May 13th , 2023. Entries will be accepted, starting May 1st. Priority for entries will be given to those teams committing to provide officials based on the OSI recommendations. With your entries, please provide the names of the officials committed to each day.

OSI suggested standard:

0-5 Athletes entered—no requirements

6-20 Athletes entered (per day)—1 certified official

21 or more Athletes entered (per day)—2 certified officials

Entry Limit: 5 events per day.

Entry Fees: \$28.00 (Mt. Hood facility fees) (3.00 OSI fee) (Athlete Surcharge)
\$3.00 individual event fee.

Fees must accompany meet entry form. Make checks payable to: CRST

Entry Address: Columbia River Swim Team
410 N. Y st.
Washougal, WA 98671
Dougl@lincsales.com

Entries: Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing racing start 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 with Hy-tek capability are strongly encouraged to submit a Commlink entry file (cfile01.c12) or by zipped e-mail file. Entries that require manual entry by CRST must be clearly legible. CRST will make every effort to correctly enter manual times, but are not responsible for data entry errors due to illegible entries. Hy-tek Meet Manager Software will be used for the meet.

a.) For Hy-tek Entries:

1. Hardcopy of the Hy-tek TM "Meet Entries Report".
2. Hardcopy of the Hy-tek TM "Meet Entry Fee Report".
3. Diskette with Team entries.
4. Full Payment (indicate which team if writing a personal check).
5. Master Entry Fee Summary (signed).

b.) If using the Meet Entries form (not using Hy-tek), a hardcopy of the meet entry form legibly filled out and full payment (indicate which team if writing a personal check). Include the Master Entry Fee Summary (signed).

Entries received after the Entry Deadline will not be accepted. Updates of entry times after the entry deadline will not be accepted. Entry times should be Long Course Meters (LCM). Updates and/or "Adds" to a team's entries via email will only be accepted (prior to the entry deadline) by attaching an updated Hy-tek entry file.

MAAPP Policy:

All applicable adult participating or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("Maapp"), and they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition. Deck changing is prohibited, Coaches will be responsible for their team.

Restrooms:

Coaches and Adults restroom is located in 2 locations. Inside pool hallway & Outside deck area.

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, prior to the start of warm-ups or competition. Please contact the meet director or meet referee for assistance.

Facility:

Outdoor 50 meter pool with 8 lanes. Depth varies from 16 feet to 6 feet deep. Parking available and seating for 1,500 spectators. Swim venue includes the outdoor pool area and bleachers. Subject to facility schedule, the indoor yard pool may be available for warm-up and warm-down. Open pool deck areas will be available only for swimmers, coaches, and officials. Meter pool features electronic timing and matrix scoreboard. Facilities are accessible for swimmers with disabilities and they are encouraged to participate. The competition course has been certified in accordance with 104.2.2C(4).

Restrictions:

There will be **NO TOBACCO PRODUCTS OF ANY KIND, NO ALCOHOL, AND NO GLASS CONTAINERS ALLOWED IN THE FACILITY.** Shaving is not permitted in the swim venue. No photography of any kind behind the starting blocks. Use of audio or visual recording devices, including cell phone, is not permitted in changing areas, rest rooms or locker rooms. The use of a Go Pro and similar photographic/video devices in, on or near the pool during competition is Not allowed. **No Technical Suit may be worn by any 12 & under USA swimming athlete member in competition at any Sanctioned , Approved or Observed meet**

Warm ups 8:15-9:15am
Saturday & Sunday

Saturday May 27th

Girls Event Number

1	Open 50 Free
3	Open 100 Breast
5	Open 50 Back
7	Open 100 Fly
9	Open 200 Free*
11	Open 200 Back*
13	Open 400 IM**
15	Open 800 Free**

Boys Event Number

2
4
6
8
10
12
14
16

Sunday May 28th

17	Open 50 Breast	18
19	Open 100 Back	20
21	Open 50 Fly	22
23	Open 100 Free	24
25	Open 200 IM *	26
27	Open 200 Fly*	28
29	Open 200 Breast*	30
31	Open 400 Free**	32

*All 200's time standard 4:00.00

**400 Free time standard 6:44.09

**400 IM time standard 6:51.59

**800 Free time standard 11:38.19

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ENTRY FEE SUMMARY:

Total Cost of Individual Events (\$3.00 x # of Entries): \$_____

Total Swimmers (\$28.00 x # of Swimmers): \$_____

Team Total: \$_____

(Checks to Columbia River Swim Team)

THE FOLLOWING STATEMENT MUST BE SIGNED BY COACH OR TEAM REPRESENTATIVE: I

have read the meet information and attest that all swimmers entered from my team are members of United States Swimming, Inc.

(Signature of Coach or Meet Representative) _____

Team Name: Team Code: _____

Coach(es) Attending Meet: _____

Contact Person Phone #: (_____)_____

Contact Person E-Mail: _____

****Please mark any courier delivered packages: "NO SIGNATURE REQUIRED" **TOTAL ENTRY FEES**

MUST ACCOMPANY WITH THIS FORM and Make checks payable to: Columbia River Swim Team