

2023 Cascade East Swim Finals Meet
B/C MEET
July 21, 22,23, 2023
HELD UNDER THE SANCTION OF USA SWIMMING

- Sanction No. 23-085
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.
- Host/Sponsor: Lakeview Swim Team
Location: Lakeview Municipal Pool
156732 Center Street
Lakeview, OR 97630
541-947-2900
- Eligibility: Swimmers must be currently registered with USA Swimming. **NO ON DECK REGISTRATION SHALL BE PERMITTED.** Swimmers must be within the listed age brackets as of July 21, 2023.
- Entry Deadline: Entries must be received by 5:00 pm, Wednesday, July 19th
- Entry Limit: No swimmers may compete in more than three (3) individual events and one (1) relay per day and seven (7) individual and two (2) relays for a meet. A team may have no more than two (2) relay teams per event.
- Entry Fees: \$3 Oregon Swimming surcharge per swimmer
\$3.75 Individual event fee
\$12 relay entry fee

Entry fees must be paid by July 23rd. Make checks payable to: Lakeview Swim Team. Any late entry fees need to be paid before end of the meet.
- Entry Address: Email entries in proper Hy-tek format to Lakeview Swim Team:
lst.swim.or@gmail.com
Mail payment to: Lakeview Swim Team, PO Box 1064, Lakeview, OR 97630
- Entries:
 1. Submit METER TIMES ONLY for seeding. Swimmers will be preseeded.
 2. Submit entries on Hy-tek meet management software formatted file or via email. Please include printout of Hy-tek entries. Email to: lst.swim.or@gmail.com. Entries must include swimmers name, age, and USA Swimming number.
 3. No time (NT) entries will be seeded last.
 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.
 5. Scratches of a swimmer may be accepted up to the start of each day session.
- 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. 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: Outdoor, 25 meters x 13.5 meters, 6 lanes approximately 2.25 meters wide. Starting blocks at the deep end of the pool only (9.5 ft.) Shallow end is 3.5 feet deep. The competition course has not been certified in accordance with 104.2.2(c)4. Parking available, seating for about 150 spectators. Concessions will be open throughout the meet. Swim venue includes: Men's and Women's locker rooms with access onto the pool deck; Open pool deck areas available for swimmers, coaches & officials only. Pool has limited access for adaptive swimmers.

Restrictions: TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES and GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changing is prohibited. Photography is not allowed behind the blocks during the start of a race or relay exchange. 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.

Times: Warm-ups: Friday Warm-ups: 4:00 pm. Timed Finals: 5:00 pm
Saturday Warm-ups: 7 am. Preliminaries: 9 am
Sunday Warm-ups: 7 am. Preliminaries: 9 am
Warm-up Lane Schedule will be posted at pool on Friday

Rules: Current USA Swimming and Oregon Swimming Inc., rules will govern this meet. Coaches are required to show Oregon Swimming Certification to the Meet Director when receiving a coaches packet for the meet. Tech Suits Statement: No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approve or Observed meet.

Safety: Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced. All applicable adults participating in or associate 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.

Medical Supervision: Lifeguards, AED Device, First Aid kits available to athletes at the meet.

Bull Pen: A bullpen will be provided for all 10 & Under swimmers. All other swimmers shall report directly to their assigned lanes.

Awards: Individual: 1st – 3rd Medals
4th – 8th Ribbons
Heat Winner: Ribbons
Relays: 1st – 3rd Medals
4th – 7th Ribbons
Team Awards: 1st – 3rd Trophies or plaques
High Point: Girls/Boys each age group – medal or plaque

Scoring: Scoring will be given 1st through 6th places: Individual points: 7-5-4-3-2-1:
Relay points: 14-10-8-6-4-2

Meeting: Friday: Coaches meeting 4:30 pm. Officials meeting 4:15 pm.
Saturday: Coaches meeting 8:00 am. Officials meeting 7:45 am
Sunday: Coaches meeting 8:00 am. Officials Meeting 7:45 am

Meet Referee: Fran Hart 541-746-0721
Administrative Official: Norm Hart
Meet Director: Annette Shullanberger 541-417-0816

Officials: Each team needs to provide two certified officials. Please include the names and positions of the officials for your team with your entries.

Timers: Each team will be given timing assignments. Please designate a parent representative to report to the Head Timer 30 minutes prior to the start of meet.

Lodging:

Camping is available in the designated swim pool park area.

Full RV hook-ups available at High Desert Hideaway RV Park, 629 N. G St, 541-238-9765; Wild Goose Meadows RV Park, Hwy 395 North, 541-947-4968; Junipers RV, Hwy 140 West, 541-947-2050.

Hotel/ Motels: Fremont Inn 541-947-2060, Best Western Skyline 541-947-2194, Hunters Lodge 541-947-4242, Interstate 8 541-947-3341, Lakeview Lodge 541-947-2181, Executive Inn & Suites 541-947-2201.

CASCADE EAST SEASON FINALS INVITATIONAL SWIM MEET

LIST OF EVENTS

Friday, July 21, 2023			Evening Session	Session 1
GIRLS	BOYS	AGE	EVENT	SEED TIME
TIMED FINALS				
1	2	8 & U	100 m Individual Medley	
3	4	9-10	100 m Individual Medley	
5	6	11-12	100 m Individual Medley	
7	8	13-14	200 m Individual Medley	
9	10	15-19	200 m Individual Medley	
11	12	8 & U	100 m Freestyle	
13	14	9-10	200 m Freestyle	
15	16	11-12	200 m Freestyle	
17	18	13-14	200 m Freestyle	
19	20	15-19	200 m Freestyle	
Saturday, July 22, 2023				Session 2
GIRLS	BOYS	AGE	EVENT	SEED TIME
PRELIMINARIES				
21	22	8 & U	50 m Freestyle	
23	24	9-10	100 m Freestyle	
25	26	11-12	100 m Freestyle	
27	28	13-14	100 m Freestyle	
29	30	15-19	100 m Freestyle	
31	32	8 & U	25 m Breaststroke	
33	34	9-10	50 m Breaststroke	
35	36	11-12	50 m Breaststroke	
37	38	13-14	100 m Breaststroke	
39	40	15-19	100 Breaststroke	
GIRLS	BOYS	AGE	EVENT	SEED TIME
FINALS				
21	22	8 & U	50 m Freestyle	
23	24	9-10	100 m Freestyle	
25	26	11-12	100 m Freestyle	
27	28	13-14	100 m Freestyle	
29	30	15-19	100 m Freestyle	
31	32	8 & U	25 m Breaststroke	
33	34	9-10	50 m Breaststroke	
35	36	11-12	50 m Breaststroke	
37	38	13-14	100 m Breaststroke	
39	40	15-19	100 Breaststroke	
41	42	8 & U	100 m Medley Relay	
43	44	10&U	100 m Medley Relay	
45	46	12&U	200 m Medley Relay	
47	48	14&U	200 m Medley Relay	
49	50	19&U	200 m Medley Relay	

CASCADE EAST SEASON FINALS INVITATIONAL SWIM MEET

LIST OF EVENTS

Sunday, July 24, 2023				Session 3
GIRLS	BOYS	AGE	EVENT	SEED TIME
PRELIMINARIES				
51	52	8 & U	25 m Backstroke	
53	54	9-10	50 m Backstroke	
55	56	11-12	50 m Backstroke	
57	58	13-14	100 m Backstroke	
59	60	15-19	100 m Backstroke	
61	62	8 & U	25 m Butterfly	
63	64	9-10	50 m Butterfly	
65	66	11-12	50 m Butterfly	
67	68	13-14	100 m Butterfly	
69	70	15-19	100 m Butterfly	
71	72	8 & U	25 m Freestyle	
73	74	9-10	50 m Freestyle	
75	76	11-12	50 m Freestyle	
77	78	13-14	50 m Freestyle	
79	80	15-19	50 m Freestyle	
Sunday, July 24, 2023				
GIRLS	BOYS	AGE	EVENT	SEED TIME
FINALS				
51	52	8 & U	25 m Backstroke	
53	54	9-10	50 m Backstroke	
55	56	11-12	50 m Backstroke	
57	58	13-14	100 m Backstroke	
59	60	15-19	100 m Backstroke	
61	62	8 & U	25 m Butterfly	
63	64	9-10	50 m Butterfly	
65	66	11-12	50 m Butterfly	
67	68	13-14	100 m Butterfly	
69	70	15-19	100 m Butterfly	
71	72	8 & U	25 m Freestyle	
73	74	9-10	50 m Freestyle	
75	76	11-12	50 m Freestyle	
77	78	13-14	50 m Freestyle	
79	80	15-19	50 m Freestyle	
81	82	8 & U	100 m Freestyle Relay	
83	84	10&U	100 m Freestyle Relay	
85	86	12&U	200 m Freestyle Relay	
87	88	14&U	200 m Freestyle Relay	
89	90	10&U	200 m Freestyle Relay	