



2023 Comfort Suites Corvallis – CAT Long Course Open

Friday-Sunday, May 19-21, 2023

Held under the sanction of USA Swimming, Inc.

- Sanction No:** #23-035
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.
- MAAPP:** **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.**
- Host:** Corvallis Aquatic Team
- Location:** Osborn Aquatic Center; 1940 NW Highland Dr. Corvallis, Oregon 97330; (541) 766-7946
- Eligibility:** Swimmers must be currently registered as athlete members with USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. No on-deck registration shall be permitted. Swimmers must be within the listed age brackets as of May 19, 2023. Coaches must display current credentials.
- Entry Deadlines:** **Entry acceptance period begins: Noon, Thursday, April 20, 2023.** We expect the meet to fill quickly. Early entries **will not** be accepted. Final entry deadline is 5:00 PM, Thursday, May 11, 2023.
- Event Limit:** 3 events per day exclusive of relays.
- Meet Limit:** Teams are accepted on a first-come basis. 4-hour limit for 12-Under morning session; meet director and meet referee discretion on length of afternoon session. Afternoon session warmup and meet start times may be earlier depending on the size of the morning session. Actual times for afternoon sessions will be announced on Friday, May 12, 2023.
- Entry Fees:** \$17.00 per swimmer surcharge (\$14 FUF; \$3 OSI surcharge) plus \$5.50 per individual event and \$12.00 per relay. Make checks payable to: CORVALLIS AQUATIC TEAM
- Entry Address:** PLEASE EMAIL HYTEK ENTRY FILES TO: meetdirector@corvallisaquaticteam.org.
Please send checks to the following address by the entry deadline:
CAT, c/o Jenny Graham, 1310 NW 10th St., Corvallis, OR 97330
- Entries:** Submit **long course meter times** only for seeding. Converted times will be accepted. 13 and over swimmers must meet time standards. No NT accepted for 12 and under sessions. Converted times will be accepted for entry. Send entries by email using Hy-Tek format. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming, Inc.
- Scoring:** Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay: 40-34-32-30-28-26-24-22
- Awards:** Individual: 1st- 16th ribbons for 12 & Under session



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Gift cards for top 5 point scorers for boys and girls 13-14 and 15 & over

Relay: 1st - 16th ribbons for 12 & Under session

High Point: One award, boy & girl, 8 & under, 9-10, 11-12, 13-14, and 15 & over.

The age groups of combined events will be scored separately. Awards must be picked up at the end of the Sunday PM session. Awards will not be mailed after the meet.

Check-in/Scratch: Over-swimmer starts will be used. All events swum during the Saturday and Sunday AM sessions will be pre-seeded. All events swum during the Friday, Saturday, and Sunday PM sessions will be deck seeded.

A. Deck-Seeded Events

1. **Coaches are responsible for providing a positive check-in** 45 minutes prior to the start of the meet on Friday, Saturday, and Sunday PM.

2. After the heats have been seeded, any swimmer who fails to compete in an individual event in which such swimmer had previously provided a positive check-in, will be barred from his or her next individual event, either that day or the next day. S/he will be permitted to participate in relay events of that day.

3. There is no penalty for missing a pre-seeded event or relay.

4. Heat sheets will be published following the positive check-in deadline.

B. *Exceptions for failure to compete* - No penalty shall apply for failure to withdraw or compete in an individual event if:

1. The swimmer declares a false start with the referee prior to the start of the heat in which they do not compete.

Bull Pen: A bull pen will be provided for 8 and under swimmers. All other swimmers shall report directly to their assigned lanes.

Timing: Daktronics timing system, horn start, and finish touch pads. Colorado or Daktronics timing system with buttons or watches for 50 meter races. Results via electronic scoreboard. Names will appear as received in meet entries.

Meet Referee: Bill Shreeve bill.shreeve1@gmail.com

Meet Director: Chloe Knievel Priewe chloe@corvallisquaticteam.org

AO: Jennifer Graham meetdirector@corvallisquaticteam.org

Meetings: Officials' meetings will be held each session 60 minutes prior to the start of



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competition. Coaches' meeting 15 minutes prior to the start of the meet.

- Rules:** Current USA Swimming, Inc. and Oregon Swimming, Inc. rules will govern this meet. No Technical Suit may be worn by any 12&Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet
- Officials:** We always appreciate the help of certified officials and trainees from other clubs. Uniform will be white over black with black shoes. If you will be attending, please send your name and the sessions you will work to the Meet Referee at bill.shreevel@gmail.com. Hospitality will be provided for coaches & officials.
- Timers:** Each team will be assigned lane-timing duty. Sign-up sheets will be at clerk of course
- Facility:** Competition Pool – 50 Meters 8 lanes x 7-ft wide with 6-inch lines, Kiefer Freestyle starting blocks with grab rails and foot chocks. Depth: 3.5 to 13 ft.
The competition course has not been certified in accordance with 104.2.2(C).
- Warm-up Pool:** The outdoor warm up pool will be open as long as facility staff are available. If closed, 5 minute warm-up/cool down breaks will be inserted into the timeline after each even event during the 13 and over afternoon sessions only.
- Seating:** Air-conditioned, sound insulated, balcony seating for 270. Only those parents who are timing are allowed in the competition area. **SWIMMERS AND COACHES ONLY**
PLEASE, ON THE SOUTH SIDE OF THE POOL.
- Pool Hours:** The facility will be open each day from 30 minutes before the start of warmups through the conclusion of the meet.
- Safety:** Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced. 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.
- No spectators are allowed in the competition area (swimmers entered in the session, timers, officials, and coaches only.) No spectators/non-athlete adults are allowed in the locker rooms. Absolutely NO Cell Phone use within the locker rooms.
- Medical:** Medical facilities available include lifeguards, an AED, and community 911 EMS.
- Restrictions:** No tobacco products, alcohol, or glass containers are allowed in the pool facility. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms, or behind the starting blocks during individual or relay starts. No deck changing. Operations of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or



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spectators are present. At the discretion of the referee and meet management, restrictions may be placed on the deck and/or spectators to comply with facility, state, county and/or local health or capacity regulations.

Concessions: Concessions by the Corvallis Aquatic Team - snacks, drinks, and other food - available throughout the meet

Camping: No OVERNIGHT CAMPING or RV's in the parking lots adjacent to the pool. Camping is available at Benton County Fairgrounds (541) 757-1521 and KOA Campground off Hwy. 34 (541) 967-8521. RV day-only parking available at Garfield Park, located 2 blocks southwest of Osborn.

Warm Ups:

Day	Group	Warm UP Time	Competition Begins	Check In By
Friday	All groups	3:00 PM - 3:45 PM	4:00 PM	3:15 PM
Saturday	12 & Under	7:30 AM - 8:15 AM	8:30 AM	N/A
Saturday	13 & Over	12:30 PM - 1:30 PM*	1:45 PM	1:00 PM
Sunday	12 & Under	7:30 AM - 8:15 AM	8:30 AM	N/A
Sunday	13 & Over	12:30 PM - 1:30 PM*	1:45 PM	1:00 PM

*Note: The afternoon warm up and finals start times are an estimate – actual times will be announced on the CAT website and via email on Friday, May 12. Check-in will be 30 minutes and competition will begin 75 minutes after warm up begins.

Order of Events FRIDAY MAY 19, 2023

Warm Up: 3:00 PM Finals: 4:00 PM

Girls	LCM B+	Event	LCM B+	Event
1	6:51.59	12 & U 400 Meter Free (11B)	7:04.39	2
3	2:41.99	13 - 14 200 Meter Free (B+)	2:36.19	4
3	2:35.09	15 - O 200 Meter Free (B+)	2:23.79	4
5	22:52.99	13 - 14 1500 Meter Free* (B+)	22:22.29	6
5	22:21.39	15 - O 1500 Meter Free * (B+)	20:46.69	6

*Note: The 1500 will be swum fastest to slowest, alternating girls and boys and may be limited to (8) total heats. Mixed gender heats may be utilized. Swimmers in the 1500 must provide their own timers and a counter. Coaches are responsible to educate team members on deck seeding protocol.



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Order of Events

SATURDAY AM - 12 & UNDER SESSION

MAY 20, 2023

Warm Up: 7:30 AM Finals: 8:30 AM

Event #	Event
7	Mixed 11-12 200 Back
8	Mixed 12-U 100 Back
9	Girls 12-U 200 Medley Relay
10	Boys 12-U 200 Medley Relay
11	Mixed 12-U 100 Fly
12	Mixed 12 -U 50 Free
13	Mixed 12-U 50 Breast
14	Mixed 12-U 200 IM

Order of Events

SUNDAY AM - 12 & UNDER SESSION

MAY 21, 2023

Warm Up: 7:30 AM Finals: 8:30 AM

Event #	Event
15	Mixed 11-12 200 Fly
16	Mixed 12-U 200 Free
17	Mixed 12-U 100 Breast
18	Girls 12-U 200 Free Relay
19	Boys 12-U 200 Free Relay
20	Mixed 12-U 50 Fly
21	Mixed 12-U 50 Back
22	Mixed 12-U 100 Free
23	Mixed 11-12 200 Breast



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Order of Events

SATURDAY PM - 13 AND OVER SESSION

MAY 20, 2023

Warm Up: 12:30 pm Finals: 1:45 PM*

*Estimate – actual times will be announced on the CAT website and via email on Friday, May 12

Girls	LCM B+	Event	LCM B+	Boys
37	3:09.99	13-14 200 IM	3:06.59	38
37	2:55.29	15-O 200 IM	2:40.89	38
39	35.39	13-14 50 Free	33.49	40
39	33.39	15-O 50 Free	29.49	40
41	1:27.49	13-14 100 Back	1:27.79	42
41	1:21.09	15-O 100 Back	1:14.09	42
43	N/A	13-O 400 Free Relay	N/A	44
45	3:36.29	13-14 200 Breast	3:36.69	46
45	3:18.09	15-O 200 Breast	3:07.69	46
47	1:27.19	13-14 100 Fly	1:26.49	48
47	1:18.99	15-O 100 Fly	1:11.79	48
49	5:50.69	13-14 400 Free	5:52.29	50
49	5:29.69	15-O 400 Free	5:08.49	50

Coaches are responsible for educating team members on deck seeding protocol.



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Order of Events SUNDAY PM - 13 AND OVER SESSION MAY 21, 2023

Warm Up: 12:30 Finals: 1:45 PM*

*Estimate – actual times will be announced on the CAT website and via email on Friday, May 12

Girls	LCM B+	Event	LCM B+	Boys
51	6:55.09	13-14 400 IM	6:55.79	52
51	6:20.89	15-O 400 IM	5:47.09	52
53	1:42.19	13-14 100 Breast	1:42.49	54
53	1:32.39	15-O 100 Breast	1:24.39	54
55	N/A	13-O 400 Medley Relay	N/A	56
57	3:10.49	13-14 200 Back	3:10.29	58
57	2:55.39	15-O 200 Back	2:42.09	58
59	3:35.49	13-14 200 Fly	3:33.39	60
59	3:10.69	15-O 200 Fly	2:47.79	60
61	1:16.59	13-14 100 Free	1:13.59	62
61	1:11.99	15-O 100 Free	1:05.49	62

Coaches are responsible for educating team members on deck seeding protocol.