



2023 CST Summer Invite
Chehalem Swim Team
June 16-18, 2023

Held Under the Sanction of USA Swimming

12 and Under/13 & Over: 23-063

Sanction #Pending In granting this sanction, it is understood and agreed that USA Swimming, OSI, and CST 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 sanctioned event, the Host, CST agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, OSI, the State of OREGON and Yamhill County. CST has implemented enhanced health and safety measures – for participants and attendees. At all times you must follow the local government protocols and facility requirements; these will also be posted on premises.

Host: Chehalem Swim Team
Location: Chehalem Aquatic Center
1802 Haworth Ave, Newberg, OR 97132
Phone 503-538-7454

Meet Referee: Ray Jentges **Email:** ray941@hotmail.com
Admin Official: Derek Miller **Email:** drmiller71a@hotmail.com
Meet Director: Tara Steward **Email:** meetdirector@cstsharks.com

Entry Deadline: *Entries will open for all teams on Tuesday, May 16th at noon.* Teams will be accepted on a first come first served basis, and *entries will close on Wednesday May 31st at noon*, or when the meet reaches capacity, whichever comes first. Requests for changes to entries after the deadline are not guaranteed and are at the discretion of the meet director and referee.

Entry Limits: A maximum of 3 individual events and 1 relay per day may be entered per day. Entries for the 12&U sessions will be limited to adhere to the 4 hour rule by USA Swimming (rule 205.3.1F).

Entry Fees: \$10.00 surcharge per swimmer (\$3.00 OSI + \$7.00 facility fee)
\$4.00 per individual event
\$12.00 per relay event
Make checks payable to **Chehalem Swim Team or CST**. Checks must be received on or before the first day of the meet. Mail to:

Chehalem Swim Team
PO Box 1173
Newberg, OR 97132

Entries: Only entries in Hy-Tek format will be accepted. Files should be saved in the 'standard' format. Please submit short course yard times for seeding purposes. Previously entered times cannot be updated. Hy-Tek Meet Manager Software will be used.
Submit entries to: qrieniets@cstsharks.com.

Eligibility: Swimmers must be currently registered with USA Swimming/Oregon Swimming. Swimmers age on the first day of meet applies. No on deck registration will be available. Clubs entering swimmers who are not registered are subject to a fine per USA Swimming Rules and Regulations.

No Coach Present: For unattached swimmers or swimmers whose coach is not attending the meet, it is the swimmer's 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.

Format: This is a timed final meet swum as mixed events but scored separately. All events will be pre-seeded except for Friday's session.

FRIDAY: Positive check-in is required by the end of warmups for all events as these will be deck seeded, and swum fastest to slowest. The 800FR must provide their own timers (2) and counter.

Time Schedule: The Meet Director reserves the right to change warm-up times and procedures as approved by the Referee. All coaches will be informed of any changes to warm-up and competition times. The Meet Referee reserves the right to remove or lengthen breaks as deemed appropriate for the success of the athletes. Due to the unknown number of athletes attending this meet, session timelines are tentative and subject to change. Once athletes are confirmed and entries are finalized, an accurate timeline will be emailed to the coaches. It is the coaches responsibility to inform their teams of any timeline changes prior to the meet.

Friday Session 1 (All ages): **Warm ups start @ 4:00p** - Times finals begin @ 5:00p

Saturday Session 2 (12 & under): **Warm-up starts @ 8:00 am** – Timed finals begin @ 9:00 am

Saturday Session 3 (13 & over): **Warm-up starts 15 min after the morning session**
Timed finals will begin immediately following the warm up session.

Sunday Session 4 (12 & under) **Warm-ups start @ 8:00 am** – Timed finals begin @ 9:00 am

Sunday Session 5 (13 and over) **Warm-ups start 15 min after the morning session**
Timed finals will begin immediately following the one hour warm up session.

Awards: Individual events: 1st thru 8th place for each gender and age group (8&U, 9-10, 11-12, 13-14, 15&O), Ribbons

Relay Events: 1st thru 3rd place, Ribbons

Facility: Indoor, 8 lane 25 meter competition stretch pool with a movable bulkhead, non-turbulent lane lines, and level gutters. All events will have a starting depth of 6'7" and a turn end depth of 6' 7"ft. 25 meter events will start from the bulkhead and finish at the block end (6'7" ft. depth). A Daktronics timing system, with pads at the block end of the pool and horn starter, is used for the primary timing system, with dual manual buttons for the secondary and watches for the tertiary. Adaptive access is by ladders at both ends of the pool. The competition course has not been certified in accordance with USA Swimming (rule 104.2.2C(4)). Facility is accessible to adaptive athletes.

Effort will be made to broadcast live results/viewing if possible.
www.facebook.com/chehalemswimteam/live

Restrictions: Tobacco products of any kind, alcoholic beverages and glass containers are not allowed in the swimming venue. Shaving is not permitted in the swimming venue. Use of audio or visual recording devices, including a cell phone, is not allowed behind the blocks, in the restrooms or locker rooms. 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. Deck changing is prohibited.

Only registered Coaches, Officials, swimmers, and meet volunteers are permitted on deck. Non-athlete members, such as Coaches and Officials, must produce deck credentials or identification cards to be permitted on deck.

Rules: Current USAS Swimming rules will govern this meet. Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced.

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.

Safety: Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a 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.

Medical: Lifeguards are trained in first aid and CPR, and are posted on deck during the meet. The facility is equipped with two AEDs. The 911 system will be utilized in the event of an emergency.

Tech Suits: No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

Bull Pen: A bull-pen will be used for 8 & Under events. All other swimmers shall report directly to their assigned lanes.

- Meetings:** Officials meetings will be held 1 hour prior to the start of each session. Coaches meetings will be held 15 minutes prior to the start of each session as needed.
- Officials:** As with every meet, officials are vital. Entry into this meet requires that your team will provide officials. Please send their names and the sessions they will be attending to Betsy Jones atbschmitzxu@msn.com.
- Priority for entries will be given to those teams committing to provide officials based on the OSI recommendations. With your entries please send a list of official's names and the sessions they will be attending to the Meet Referee in addition to the Meet Director.**
- OSI Suggested standard:**
- 0 – 5 Athletes entered – no requirements**
6 - 20 Athletes entered (per session) – 1 certified official
21 or more Athletes entered (per session) – 2 certified officials
- Relays:** Names for relays can be submitted on the Hy-Tek entry files or submitted on relay entry forms provided at the meet. Changes can be made via relay forms at the beginning of each session. Relays may be same gender or mixed gender (two (2) boys and two (2) girls) (rule 101.7.3).
- Meet Results:** A Hy-Tek Com-link file and a HTML file will be posted on the Oregon Swimming website in the results section. And emailed to teams following the meet.
- Breaks:** At the discretion of the Meet Referee, and dependent on the number of entries. Breaks will be scheduled to provide adequate rest for the athletes and officials.
- Timers:** Each club will be responsible for providing timers. Lane assignments will be given to each team prior to the start of the meet based on the number of swimmers entered.
- Hospitality:** Officials and coaches are invited to enjoy the hospitality room.
- Spectator Seating:** Teams will be assigned seating in the bleachers for their team's athletes. Each team may choose how to use their assigned space but are limited to what is provided. We recommend spectators use the area outside and off deck. Pop up tents and chairs are welcome outside.
- Athlete Seating:** Teams will be assigned seating either in the bleachers or on deck.
- Upon Arrival:** There will be a volunteer check-in station near the team entrance doors for officials, volunteers and coaches to check in. All volunteers must sign in and attest that they have read and agreed to the MAAPP policy.
- Concessions:** Concessions will be available to swimmers and spectators out front of the facility
- Warm ups:** Each team will warm up in lanes assigned by the meet host. Both the Competition pool and stretch pool will be available for warm up. The Stretch pool will be available to

swimmers during sessions 3 and 5 for warm up/cool down at the discretion of the Meet Referee.

Parking: Participants are only to use the North side parking lot and Haworth Street. Please no parking in the residential neighborhood. No car traffic is permitted in the SE culdesac.

Park/Playground: Families are encouraged to set up chairs/blankets in the grassy park area on the East side of the facility.

Bathroom Usage: Bathrooms for spectators, officials and coaches are located through the main building entrance. **On deck bathrooms/locker rooms are for athlete use ONLY and will be monitored according to safe sport regulations.**

Event Order

Session 1: Friday Afternoon

Event 1 - Mixed 400 Free
Event 2 - Mixed 400 IM
Event 3 - Mixed 800 Free

Session 2: Saturday Morning

Event 4 - Mixed 8 & Under 25 fly
Event 5 - Mixed 12 & Under 50 fly
Event 6 - Mixed 8 & Under 25 free
Event 7 - Mixed 12 & Under 50 free
Event 8 - Mixed 12 & Under 100 IM
Event 9 - Mixed 12 & Under 200 IM
Event 10 - Girls 8 & Under 100 free relay
Event 11 - Boys 8 & Under 100 free relay
Event 12 - Mixed 8 & Under 100 free relay
Event 13 - Girls 12 & Under 200 free relay
Event 14 - Boys 12 & Under 200 free relay
Event 15 - Mixed 12 & Under 200 free relay

Session 3: Saturday Afternoon

Event 16 - Mixed 13 & Over 50 fly
Event 17 - Mixed 13 & Over 100 fly
Event 18 - Mixed 13 & Over 50 free
Event 19 - Mixed 13 & Over 100 free
Event 20 - Mixed 13 & Over 200 IM
Event 21 - Girls 13 & Over 200 free relay
Event 22 - Boys 13 & Over 200 free relay

Event 23 - Mixed 200 free relay

Session 4: Sunday Morning

Event 24 - Mixed 8 & Under
25 back
Event 25 - Mixed 12 & Under 50 back
Event 26 - Mixed 8 & Under 25 breast
Event 27 - Mixed 12 & Under 50 breast
Event 28 - Mixed 8 & Under 50 free
Event 29 - Mixed 12 & Under 100 free
Event 30 - Girls 8 & Under 100 medley relay
Event 31 - Boys 8 & Under 100 medley relay
Event 32 - Mixed 8 & Under 100 medley relay
Event 33 - Girls 12 & Under 200 medley relay
Event 34 - Boys 12 & Under 200 medley relay
Event 35 - Mixed 12 & Under 200 medley relay

Session 5: Sunday Afternoon

Event 36 - Mixed 13 & Over 50 back
Event 37 - Mixed 13 & Over 100 back
Event 38 - Mixed 13 & Over 50 breast
Event 39 - Mixed 13 & Over 100 breast
Event 40 - Mixed 13 & Over 200 free
Event 41 - Girls 13 & Over 200 medley relay
Event 42 - Boys 13 & Over 200 medley relay
Event 43 - Mixed 13 & Over 200 medley relay