

2023 GPS Last Chance Invitational

A/B/C Age Group and Senior

February 4th – 5th, 2023

Sanction No. 23-014

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 sanctioned meet, Grants Pass YMCA Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Oregon Swimming Inc. and the State of Oregon.

Host: Grants Pass YMCA Swim Team

Location: Grants Pass YMCA
1000 Redwood Ave.
Grants Pass, OR 97527

Meet Referee:	Fran Hart	541-746-2953 hartfran@hotmail.com
Admin Official:	Norm Hart	541-746-2953 normanhart@msn.com
Meet Director:	Mike Shaw	541-218-7558 mshaw@grantspassymca.net

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 February 4th, 2023.

Entry Period: Entry period opens January 2nd, 2023 and entries must be received by 5:00 pm, Sunday, January 22nd, 2023. **NO LATE ENTRIES WILL BE ACCEPTED**

Entry limit: Swimmers may enter a maximum of four individual events plus one relay, per day. Entries will be cut off once we meet the 4-hour limit for each day.
RELAYS may be cancelled if entries exceed the allowable time limit for each day. Coaches will be notified if this takes place prior to the meet.

Entry Fees: \$3.00 Oregon Swimming surcharge per swimmer
\$4.50 individual event fee
\$10.00 Relay entry fee
\$15.00 Facility surcharge per swimmer
Entry fees must accompany master entry form. Make checks payable to:
Grants Pass YMCA

Entries Address: Mike Shaw
Grants Pass YMCA
1000 Redwood Ave.
Grants Pass, OR 97527

Email: mshaw@grantspassymca.net

Phone: 541-218-7558

- Entries:
1. Submit YARD TIMES only for seeding.
 2. Submit entries on Hy-Tek Meet Management or Team Unify format via email to Entry Address. Please attach DOC or PDF of Hy-Tek entries.
 3. With submission of entries, the coach/team representative attests that all swimmers entered are registered with USA swimming.
 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.
- 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.
- Facility:
1. Indoor, 25 yards, 6 lanes, 7 feet per lane.
 2. Starting blocks at the deep end of the pool only (12 .6 ft). Shallow end is 5.6 feet.
 3. Warm-up and cool down pool area will be available.
 4. Colorado Automatic timing system, with touch pads and backup buttons.
 6. Spectator seating on deck.
 7. Parking available. No Camping available on site.
 8. Swim venue includes: Athlete locker rooms separate from Adult Men's and women's locker rooms with access onto the pool deck and is only available to swimmers. Open pool deck areas available.
 9. Facility is accessible to adaptive swimmers.
 10. The competition course has not been certified in accordance with 104.2.2C4.
- Rules & Safety:
1. Current USA swimming and Oregon Swimming Inc., rules will govern this meet.
 2. Current Oregon Swimming Safely Guidelines and Warm-up Procedures will be in effect and strictly enforced by deck marshal's, coaches & officials.
 3. 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.
 4. Locker rooms are for Athletes ONLY and will be strictly enforced.
 5. All Applicable Adults under USA Swimming's MAAPP will have marked bathrooms/changing rooms.
 6. The Facility will provide medical supervision to athletes in the form of Lifeguards and an AED.
 7. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet

- Restrictions:
1. TOBACCO PRODUCTS OF ANY KIND, INCLUDING AND NOT LIMITED TO E CIGARETTES OR VAPE PENS. ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE.
 2. Shaving is NOT allowed in the venue.
 3. Pets, other than service animals are NOT allowed in the venue.
 4. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
 5. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
 6. Photography/videography is not allowed behind the blocks, during the start of a race or relay exchange.
 7. Operation of a drone or any other flying apparatus is prohibited over the venue (pool, athlete/coaches' areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Awards:
- Individual: 1st – 6th Ribbons
Relays: 1st – 3rd Ribbons
- Individual events will be swam mixed and awarded by age groups and gender. Awards will be available for collection by a team coach or representative at the completion of the meet.
- Vendor: No vendor will be on site.
- Concessions: There will be a variety of concession items for sale available at the venue.
- Bull Pen: There will be no Bull Pen available. Coaches are responsible for ensuring swimmers are present for their events.
- Heat Sheets: No heat sheets will be available for sale at the venue. Heat sheets will be available electronically and will be sent to each team's coach on February 2nd to send out to participating families. A QR code will also be posted around the facility during the meet that will grant access to the heat sheet. The Meet Mobile platform will also be used.
- Results: Results will be posted onto the Meet Mobile platform and will not be posted at the venue to prevent overcrowding in any one area. Results will also be sent to each team's coach upon completion of the meet.
- Meeting: Coaches' meeting will be held 15 minutes prior to the start of the meet. Official's meeting will be held 60 minutes prior to the start of the meet.
- Officials: We always appreciate the help of certified Officials from other clubs; if you will be attending this meet, please notify the meet referee and meet director. An official's hospitality space will be provided. Food will be available for officials and coaches only.

Timers: Lane timing is the responsibility of all guest teams, and we rely on volunteer lane timers to keep the meet running smoothly without delay and to ensure all swimmer times are recorded. Timers timing at this meet understand and acknowledge the current USA Swimming Rules including the Minor Athlete Abuse Prevention Policy (MAAPP) Please share this link with your Families.

Times: SATURDAY

Warm-ups: 10:00AM-11:45AM (Lane assignments will be sent prior to the meet with the furthest travelling teams having later warm-up times)
Officials Meeting: 11:00AM
Coaches Meeting: 11:45AM
Timed Finals: 12:00PM

SUNDAY

Warm-ups: 8:00AM-9:45AM
Officials Meeting: 9:00AM
Coaches Meeting: 9:45AM
Time Finals: 10:00AM

USA Swimming and Oregon Swimming safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures: • For warm-ups before the meet, each team will have an assigned lane and time to warm up their swimmers. There is a second small pool available for general warm-up as well. The small pool will also be available through the meet for warm-up and cool down. Subsequent violations may cause the swimmer to be removed from the remainder of the meet.

Order of Events Boys/Girls Mixed

SATURDAY:

- Event 1: 8 & Under 100 IM
- Event 2: 9-12 200 IM
- Event 3: 13 & Over 200 IM
- Event 4: 8 & Under 25 Free
- Event 5: 9-12 100 Free
- Event 6: 13 & Over 100 Free
- Event 7: 8 & Under 25 Fly
- Event 8: 9-12 50 Fly
- Event 9: 13 & Over 200 Fly
- Event 10: 8 & Under 50 Back
- Event 11: 9-12 100 Back
- Event 12: 13 & Over 100 Back
- Event 13: 8 & Under 50 Breast
- Event 14: 9-12 50 Breast
- Event 15: 13 & Over 200 Breast
- Event 16: 10 & Under 200 Medley Relay
- Event 17: 11 & Over 200 Medley Relay

SUNDAY:

- Event 18: 9-12 100 IM
 - Event 19: 8 & Under 50 Free
 - Event 20: 9-12 50 Free
 - Event 21: 13 & Over 50 Free
 - Event 22: 8 & Under 25 Back
 - Event 23: 9-12 50 Back
 - Event 24: 13 & Over 200 Back
 - Event 25: 8 & Under 25 Breast
 - Event 26: 9-12 100 Breast
 - Event 27: 13 & Over 100 Breast
 - Event 28: 8 & Under 100 Free
 - Event 29: 9-12 200 Free
 - Event 30: 13 & Over 200 Free
 - Event 31: 8 & Under 50 Fly
 - Event 32: 9-12 100 Fly
 - Event 33: 13 & Over 100 Fly
 - Event 34: 10 & Under 200 Free Relay
 - Event 35: 11 & Over 200 Free Relay
 - Event 36: 11 & Over 500 Free
- (swam fastest to slowest)